

Rehabilitaion



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ABSTRACT

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The main goal of rehabilitation is to prevent recidivism and deterrence rather than punishing the harm out of a criminal, rehabilitation would seek. By means of education or therapy, to bring a criminal into a more normal state of mind, or into an attitude which would be helpful to the society, rather than to be harmful to society.

REHABILITATION

Rehabilitation is the restoration of criminals to a law-bidding way of life through treatment. It is the result of any planned intervention focused on the offender that reduces criminal activity, whether that reduction is achieved by change in Personality, abilities, attitudes, values or behavior. The assumption of rehabilitation is that people are not permanently criminal and that it is possible to restore a criminal to useful life, to a life in which they contribute to themselves and to society.

HISTORY:

In colonial America, punishment was not designed to rehabilitate offenders. During the late 18th century, work of Cesare Beccaria, led Americans to see people as rational beings who could control their own behavior, rather than as sinful beings.

In 1787, Dr. Benjamin Rush urged that a prison be established to cure offenders, rather than simply to punish them. During 1820's, two approaches to rehabilitation emerged, but both shared the belief that: the purpose of the criminal justice system should be to rehabilitate offenders and not merely to subject them to the irrationality of aimless punishment.

Post civil war, reformers suggested giving offenders the incentive of early release as a way to motivate them to reform, and so the indeterminate sentence was introduced.

A "new penology" that was developed at the national congress on Penitentiary and Reformatory Discipline in 1870, advocated industrial labour and training, education, religious instruction, better living conditions in prison, assistance to ex-convicts in becoming reintegrated into society, separate institutions for women and juveniles, and the training of correctional officers.

Progressives relied on the the indeterminate sentence to effect rehabilitation, advocated treatment within the community rather than in prison, favored parole boards to release offenders who seemed likely to stay away from crime, argued for probation officers examine the backgrounds of convicted offenders and provide judges with presentence reports to be used to individualize sentences.

The number of states with indeterminate sentence systems increased from five in 1900 to thirty seven about decades later. By the mid-1920, almost every state had parole, though few did in 1900. In, 1897, only two states had probation, but by 1920 two third of the states had it for adults and all had it for juveniles. The first juvenile court was created 1899 in Illinois.

INDIVIDUAL THERAPY:

A method of treatment commonly used in prison is individual therapy carried out by psychiatrists, psychologists or psychiatric social worker.

This approach assumes that offenders are emotionally troubled people who need to solve the psychological problems that cause them to commit crime.

1 Behavior modification:

This approach tries to change behavior by rewarding desirable actions and punishing undesirable ones. Behavior modification is " the systematic application of proven principles of conditioning and learning in the remediation of human problems"(Milan and Mckee,1974). The change in behavior is achieved through the use of principles of Operant conditioning.

2 CBT (Cognitive behavior therapy) :

It is done to change the thought of person. This therapy is very much successful with sex offenders.

3 Milieu therapy:

Another form of therapy that is based on intervention in the environment rather than with individual alone is milieu therapy, in which staff and clients in a treatment setting work as a therapeutic community to promote positive functioning in clients. Members of a community participate in group activities ranging from occupational therapy to training classes.

Staff members encourage clients to work with and spend time other residents, even when leaving on passes. The normalizing effects of a supportive environment are intended to help the individual make a smoother and more effective transition to life outside the therapeutic community.

4 Casework:

In prisons, sometimes social workers provide inmates with individual counseling that is intended less to help them understand their motivations than to help them cope with specific problems they face.

This casework approach is oriented towards getting inmates to realize their own capacities for change, advising them on how to solve problems of daily living, teaching them how to adapt to reality, and informing them of community resources that might aid them in rehabilitation.

USE OF INDIVIDUAL THERAPY:

1 Substance abuse:

It is the most common type of rehabilitation, in which the offender undergoes counseling for dependence on a physically addictive substance, such as drugs or alcohol. This type of rehabilitation is assigned to those offenders convicted of crime related to drug use or who have admitted to drug use playing a factor in their crimes.

2 Sex offenders:

This type of rehabilitation program is designed to improve their chances of not committing another crime. According to psychologist Ruth Masters, these programs take different forms, most of which are tailored to a particular offense.

It is designed to help them control urges or changes their thought process. For rapists, rehabilitation may involve anger management classes, relationship counseling, or therapy in which they work out their frustrations toward women.

3 Juvenile delinquents:

Rehabilitation is used to teach juvenile offenders cognitive and behavioral skills to manage and control their behavior, and it is done to help juvenile delinquents lead a more positive life and to reduce recidivism.

COMMUNITY BASED THERAPY:

For people who have similar problems, the experience of sharing their stories with each other is life changing. Irvin Yalom(1995), a prominent group therapy theorist, speaks of several factors in the group experience that are therapeutic.

Clients in therapy groups commonly find relief and hope in realization that their problems are not unique. In the group, they can acquire valuable information and can advice from people who share their concerns.

Often the best support can be provided by their experiencing the same condition.

This principle has been well documented with peers groups such as Alcoholics Anonymous, in which people recovering from alcoholism share their histories of substance abuse and methods they use to abstain from alcohol and drugs.

It is proved to be extensive beneficial in individuals with mood disorder, individuals suffering from depression etc. Group therapy is preferred not only because of its effectiveness, but also because of pragmatic benefits such as saving in time and money.

USE OF GROUP THERAPY:

1. Education counseling:

It is designed to help inmates or recently relaxed ex-offenders receive the basic education

necessary to attain a job. Most basic educational rehabilitation programs focus on teaching elementary math and reading skills. Success in finding a job will lower an ex-offender's chance of being incarcerated again.

2. Life skills:

In life skills courses, students are taught how to perform basic tasks necessary to being a functioning member of society, such as making a budget, preparing resume and paying bills. This kind of rehabilitation is designed to help restore convicts to functioning members of society.

3. Work programs:

Working within the prison gives inmates several benefits, including a structured work day, the ability to practice positive term-building skills and receiving pay that helps them fund incidental living expenses behind bars.

4. Transitional programs:

These types of programs help the inmates for release and then guide the inmate back to successful reentry to society.

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