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ONE HAND CLAPPING: THE VICISSITUDES OF VISUAL MEMORY IN FORENSIC SETTINGS

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"The criminal justice process is as good as the evidence on which it feeds."

(Dan Simon, 2012, p. 17).

There are few activities in life that do not depend upon our being able to see and accurately remember what we've seen. Vision helps us discern danger from afar, distinguish friend from foe, ally from enemy. Football players wear team-distinguishing uniforms, as do members of the military. Indian tribes have specific items of dress to distinguish members of one tribe from another. Distinguishing members of one race from another is primarily a visual process. An essential marketing tool is the "book cover;" how an item appears to a potential buyer. While we may not be able to determine the content of a magazine by its cover, magazine designers spend millions of dollars each year designing covers that will sufficiently "catch your eye" so you will pick it up and hopefully buy it again. Every year, individuals—relying on visual memory benchmarks—spend billions of dollars in order to "look" more visually appealing both to themselves and others.

Closer to our profession, an important component of any medical or mental status assessment is the physical appearance of the patient—how they "look," what they are wearing, facial and bodily expressions of affect—and we often make initial clinical judgments about others based upon their

visual appearance, including their gender and color of their skin. Visual memory is also important as we read clinical reports and incorporate them into our clinical work. However, a significant percentage of our brain's cortex—the occipital cortex, with projections into the parietal, prefrontal and frontal cortices, and thalamic regions—is devoted to processing, storing, and integrating visual information with other sensory and motor information. We may surmise, therefore, that visual memory has neuropsychological shortcomings.

A simple illustration of the vicissitudes of visual memory is easily demonstrated in the "Faces" subtest of the Wechsler Visual Memory Scale-III. In this test, the subject is shown 24 faces, each one for about 2 seconds. Immediately after, the subject is shown 48 faces and asked to identify the faces just shown by a "yes" if the face was among those previously shown, or "no" if the face was not. Not surprisingly, subjects' recollections may modestly degrade when the measure is repeated a little later after a number of other subtests are

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RICHARD ALTHOUSE

INTERNATIONAL ASSOCIATION FOR CORRECTIONAL & FORENSIC PSYCHOLOGY

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administered. The score in each administration is the total of correct recollections. While the number of correct recollections is important for test purposes, of equal interest, for the purpose of this discussion, are those instances when the subject alleges the face was among those previously shown when it was not! Both instances have implications for one of the most important sources of forensic evidence: eyewitness reporting.

In jail, prison, and courtroom settings, eyewitness reports, presumably based on accurate memory storage and retrieval, can strongly influence and shape the outcomes of investigations, outcomes that can result in disciplinary actions in a jail or prison setting, and jury deliberations and sentencing in a courtroom setting. However, that very few respondents can accurately recall all the faces on the Weschler Memory Scale-III subtest and many identify faces as among those in the original presentation when they were not, suggests the presumption of accurate visual recall is flawed and can result in serious shortcomings in forensic processes that rely on eyewitness reporting. Indeed, such is the case, and in my opinion, no one has written about these shortcomings better than Dan Simon, a professor of Law and Psychology at the University of Southern California. In his 2012 book, professor Simon discusses the dynamic processes that contribute to risks that investigations will arrive at faulty, often premature, conclusions; eyewitness reporting being but one, albeit, a very important one.

As Simon ably discusses, visual memory is subject to complex and often unconscious variables that influence one's eyewitness reporting and can influence a misrecollection of events and/or erroneous identification of perpetrators. Unfortunately, these types of errors are much more frequent than many of us may suspect. As Simon points out, "...a large body of research shows consistently that almost one-half of witnesses (48%) pick someone, who is, by definition, an innocent filler" (p. 53). He goes on to say that even when the target individual is in a lineup, one-third of witnesses fail to pick anyone out. Of those who did pick someone, about one-third picked innocent fillers instead of the correct individual. If the witness expects the perpetrator to be in the lineup and the perpetrator is not, the false positive error rate can be as high as 50% (p. 54). How might these variables play out in a forensic setting? There is an old adage that rather sums up the influences of these variables on visual memory: "We see what we want or expect to see."

In order to examine the types of processes commonly used in criminal prosecutions that increases the risk of spontaneous eyewitness errors, Simon introduces and discusses numerous cases. The case of Ronald Cotton is sufficiently illustrative to warrant a quick review.

Briefly, in 1984, Cotton, an African American on parole for a conviction of breaking and entering, was accused of raping a 22-year-old student. A tip led to Cotton's arrest, investigation, trial, and conviction of raping the student as well as another woman who lived in a nearby apartment. Despite the assault occurring in dim lighting, the student provided a very compelling and confident visual identification of Cotton. Cotton was also visually identified by the second victim, as well as by a bystander who claimed Cotton was riding a bicycle near the victim's apartment around the time of the assault. As Simon pointed out, despite having only a "faint memory" of her assailant's face, the victim picked Cotton out of photo array and a live lineup. The second victim also identified Cotton even after she had identified someone else in a live lineup. In the end, Cotton was found guilty and sentenced to life plus 54 years in prison. His appeal failed. In fact, Cotton was not the assailant, but it took DNA evidence to exonerate him some 10 years later.

As professor Simon points out, we are not particularly good at encoding faces of strangers, even less so under stressful circumstances. Our eyewitness reports are likely less reliable when we are motivated to suspect something is more likely true than not under otherwise vague or ambiguous circumstances (like dim lighting or rainy nights). Our memories neurologically decay over time, or can be contaminated over time by a number of other influences such as investigative processes, media exposure, even conversations with friends, leading to an over-inclination to choose even in the absence of verifiable information. For example, in studies that gave witnesses a second chance to identify a suspect after having been informed their first choice was wrong, up to 60% proceeded to pick someone else out (p. 56)!

As the Cotton case aptly revealed, individuals who are falsely visually identified as a perpetrator of a crime, and especially a serious one like sexual assault, often do not fare well in our criminal justice system, even when innocent. The Cotton case illustrates that despite the well-researched neuropsychological shortcomings of visual memory, our

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dependence upon eyewitness testimony can precipitate a cascade of legal events, particularly in the adversarial setting of our criminal justice process, that have devastating outcomes for innocent individuals unless counterbalanced by other legal processes.

Unfortunately, in the “tough on crime” sociopolitical ethos of our current criminal justice system, the variety of flawed legal processes, including inaccurate visual memories that culminated in the conviction of Ronald Cotton, have often gone relatively unchecked in our rush to convict and incarcerate in the interests of retribution, public safety, and political advantage. For those who might applaud our “do the crime, do the time” approach to criminal justice, professor Simon suggested that was akin to “one hand clapping” (p. 45). After reading his book, it would be difficult to disagree.

The implications for those of us who work in forensic settings and rely on eyewitness reporting should become aware of how such accounts are shaped by circumstance, explicit and implicit cognitions, and morphed by time. We should take care to seek other sources of information before reaching substantive conclusions. Reading professor Simon’s book would be a significant first step in understanding why.

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Simon, D. (2012). *In doubt: The psychology of the criminal justice process*. Cambridge, MA: Harvard University Press.

LESSONS LEARNED FROM OFFENDERS ABOUT VICTIMIZATION AND DOMESTIC VIOLENCE

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If you had told me 10 years ago that I would be working with incarcerated women and men, I would not have believed you. I was a victim advocate. I didn’t like offenders. A repeat offender was the cause of immense pain that my family experienced over the sexual assault and murder of my sister-in-law. Repeat offenders had trashed the lives of nearly all the victims I came in contact with as an advocate. I didn’t care about the life of the offender, and I certainly didn’t want to hear any of their pitiful excuses, regardless of whether they held any truth or not. My focus was supporting the victim and working to prevent that kind of pain from happening to others. Keeping the offenders locked up did just that. As the years have passed, I came to realize that at least 95% of offenders presently incarcerated will eventually return to our community. If I was truly serious about preventing victimization, then how could I not give attention to the very people that I knew were capable of creating more victims – the



VERNA WYATT

offenders. With the help of one of my work partners, Valerie Craig, I began addressing this population by facilitating weekly victim impact classes with incarcerated men and women in Tennessee prisons and jails. Nine years later, continuing our work in victim impact, we have created a victim impact curriculum based on the evidence-based curriculum designed initially by the Office of Victims of Crime, and incorporating our 9 years of classroom experience working with thousands of incarcerated men, women, and teen girls.

The goal of victim impact education is to help offenders understand the impact of their actions, hopefully inspiring genuine remorse for their behavior and for their victims, ultimately aiming to reduce re-victimizing behavior. You can’t really be accountable for an act you’ve done, if you don’t know how it affected the other person. It’s been my experience that most offenders don’t have a clue about the magnitude of the impact on their victim,

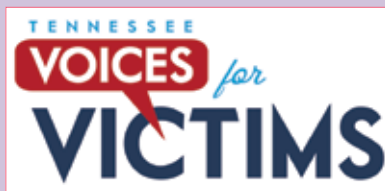
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and that is just human nature. And, the proof goes all the way back to the very beginning when God asked Adam if he had eaten the fruit from the tree he was told not to eat from. Adam said: "It was the woman you put here with me. She gave me some of the fruit and I ate it." Yes, it's not my fault, it's the woman's fault, and actually you need to accept some of the blame for me eating the fruit because you gave me the woman! What person anywhere wants to think about how they messed up or caused another person pain? When we hurt someone, we almost instinctively begin to make excuses or point the finger of blame to someone else in order to relieve ourselves of some of the responsibility. It's no different for offenders, and it may even be worse. I had one offender tell me after completing our class, that he had been incarcerated for over 20 years, and had never once thought about his victim until our class. That's absolutely a problem for achieving accountability and remorse.

As a victim advocate, my role in these victim impact classes is to impart my knowledge about victimization to the inmate. Surprisingly, they've shown me so much more about the long-term impact of victimization. I've gained deeper insight about the impact of child sexual abuse, domestic violence, and rape. Over the years, I've worked with countless victims of these crimes, and I've been witness to their pain. But dissecting the impact of specific crimes in a victim impact prison class has tended to produce disclosures from victims in the class who are caught off guard by the information they are learning for the very first time. That is, when I can clearly see that childhood victimization and adult trauma that were never dealt with put these offenders at a huge disadvantage by influencing their behavior, their thinking, their view of the world, their self esteem. It, in no way, excuses offending behavior, but it certainly explains their behavior. Victims (or even society) do not care about explanations, but it is absolutely vital that the offender knows the explanation for their behavior. If they don't understand, they probably won't change.

Let me share with you some of the things that I've learned about victimization from the offenders in my classes related to the crime/experience of domestic violence. When we cover the topic of domestic violence in our victim impact classes, we have an in-depth dis-



cussion about the complicated dynamics that make up domestic violence. The vast majority of our class participants, male and female, have some kind of personal history with domestic violence. Most of the women in our class have been victims

as adults, and most have had childhood experiences with domestic violence, and some of the women have disclosed they were, in fact, the primary aggressors in their relationships. The men in our classes have grown up protecting their mothers, often catching the abuse while trying to intervene for Mom, and some have become perpetrators of domestic violence as adult men. Many of the class participants have never thought about the domestic violence they experienced growing up, or even as adults, as anything but "life." It was their "normal." Like most of the general public, they don't understand the patterns of domestic violence, even though they have lived smack in the middle of it most of their life. They have no idea that domestic violence is about power and control. Our participants, for the most part, think domestic violence is about anger, or substance abuse, or stress. They are surprised to learn that the abuser has a low self-esteem, because he seems so powerful. They have no idea that children who witness domestic violence are abused at a rate 1,500% higher than children who do not live in domestic violence. When they learn that children in these violent homes, also have a chance of being sexually abused 15 times the national average (the national average is one in four girls and one in seven boys), they are shocked, yet, there is often a barrage of disclosures, as if to validate their personal experience. They do not understand why they, and women like them, stay in these abusive relationships, until we break it down in class, even though it is their own personal experience.

We've had women in our class whose abusers shaved their head bald and they did not leave the abuser. One woman said her abuser would beat her bloody and then he would urinate on her while she was lying on the ground in pain. This same victim, after she completed our class on domestic violence, told us that looking back, she couldn't believe that she hadn't recognized what was going on. She could see it so clearly after our class, why couldn't she have seen it then? Another woman said her abuser choked her unconscious, in the street, directly in

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front of a police station. When the police came out to see what was going on, he told them she had a seizure, and he was trying to help her. They believed him, and she didn't tell them anything different, and went home with him. She said her abuser once made her get in a bathtub where he only turned on the hot water, and then he poured in an entire bottle of bleach because she was a dirty "whore." She begged him to let her out of the scalding tub, but he held her down in the hot water. It sent her to the hospital, but she still didn't leave him. Another woman told us how her abuser stabbed her in both knee caps when she was trying to protect her face from his assault. She had diabetes, and so her knees became very infected. She was afraid that she would lose both legs. She begged him to let her go to the hospital. She told him that she would tell the hospital that she fell on a rake out in the yard, she would never tell them he did that to her. He finally relented, she went to the hospital, she told the doctors she fell on a rake, a few days later was released from the hospital and went straight back to the abuser. I told this story in a victim impact class with incarcerated men once, and after class, I had a class participant come up to say that he had done something very similar to a woman he was with who also had diabetes. He said he never once thought about the impact on her until he heard that story. He was serious.

One young woman recounted the abuse her mother suffered at the hands of her father. She told us she would often hide under her bed when her mother was beaten. In class, after covering the warning signs of a battering personality, she told us that she saw those traits in herself. She realized she was the primary aggressor in all her relationships, noting that she had vowed early in life, hiding under the bed, that she would never be a victim. Now, because of our class, she could see that what she was doing to her partners, was what her father always did to her mother. Our male class participants, although not as open as our female participants, often disclose childhood domestic violence experiences after we learn about the cycle of domestic violence. One young male recounted how as a little boy he would watch his stepfather beat his mother, slinging her blood

all over the walls. He told us that he would go to sleep at night thinking "I can't wait until I'm older so I can kill him." He told us that when he got older, he did not kill the abuser, but took his anger out on as many people as he could with physical assaults, the more the better. One young male told us that when he was a teenager he "disrespected" his mother once, and she got a knife from the kitchen and stabbed him. He always thought that was an appropriate response for disrespecting a parent, until our class. Another young African American male grew up watching his mother being physically abused by boyfriends. He was also sexually abused when he was younger. He told me that when he was little, his older brother told him "to treat everyone like they just raped your momma." He said "that is what I've been doing all my life," never thinking about anyone as human beings.

"...If we are serious about preventing victimization and reducing the prison population, as advocates, we must advance prevention strategies to stop the victimization of children in the first place...."

We often hear from the male offenders in our classes that women in their life actually want the abuse because they think they are not loved if the abuser doesn't hurt them. Incredibly, we have female inmates tell us they often have felt that way, that if their man wasn't abusing them, he must not love them. This is their normal!

How can these kinds of experiences not affect a person's interactions in society? The lessons I've learned from the incarcerated men and women in my victim impact classes have intensified my sense of urgency for preventing victimization. The long-term impact for domestic violence, child sexual abuse, and rape are devastating. Untreated, they leave a legacy of pain for the victim, and for anyone the victim comes in contact with regardless of whether they are ever incarcerated. I am 100% an advocate for victims, and always will be. If we are serious about preventing victimization and reducing the prison population, as advocates, we must advance prevention strategies to stop the victimization of children in the first place. And, we need to get a hyperfocus on the trauma history of the incarcerated individual if we truly are going to make an impact on recidivism. Over the last 9 years of facilitating victim impact, we have witnessed "light-bulb moments" when the offender connects the dots from their offending behavior to their own personal victimizations. This is where the real power for

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change lies. It opens the door for the trauma specialists to guide the offender through the past trauma to new understanding. Instead of aimlessly trying to manage symptoms like addiction, violence, anger, depression, and sabotaging behaviors, the offender understands what is driving all the “symptoms” and by getting to the heart of their problems, their symptoms will then

be easier to master. Society will most certainly be the beneficiary of this effort.

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MENTAL HEALTH AGAIN IS ISSUE IN GUN CONTROL DEBATE

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While it appears doubtful that there will be a re-run of the contentious debate over tougher gun control laws at the national level following the fatal shooting of 12 persons at the Washington Navy Yard, the issue of keeping weapons out of the hands of the mentally ill has taken on added importance. Democrats and Republicans and the National Rifle Association (NRA) are in agreement that more resources need to be provided to better diagnose and treat mentally ill individuals that demonstrate tendencies toward violence.

On the national level, there are a few scattered voices calling for more mental health care as a way to keep guns out of the hands of the mentally ill, but mostly it has been on the state level where lawmakers are beginning to take steps to achieve that goal, but not always with the approval of psychologists and other mental health care professionals.

In Connecticut, where a gunman killed 20 school children and six teachers and staff in December 2012, U.S. Senator Richard Blumenthal, told *The New York Times* in August, “I’ve become more and more convinced that we should establish the mental health issues as our common ground.”

In a joint release, Senators Kelly Ayotte, a New Hampshire Republican, and Mark Begich, an Alaska Democrat, said, “Given the clear connection between the recent mass shootings and mental illness, the Sen-



JOHN THOMAS

ate should not delay bipartisan legislation that would help address this issue.” The bill they support would establish programs to train teachers in how to recognize the signs of mental illness and how to calm potentially violent situations.

Senator Tom Coburn, an Oklahoma Republican, referring to reports that Aaron Alexis, the Washington Navy Yard shooter, suffered from delusions, added, “If you’re having auditory hallucinations, that’s a sign of schizophrenia.” Though he agreed such a person should not be allowed to purchase a gun, Coburn said he doubts Congress could come together to write a law like that. “It’s all politics.”

Senator Debbie Stabenow, a Michigan Democrat, has introduced a bill with Republican co-sponsors, including Sen. Marco Rubio of Florida, that would set new federal mental health care standards, such as requiring 24-hour crisis care at community health centers. “People are losing their lives,” she said. “And we are seeing this pattern of it being tied to lack of treatment, lack of resources. We need action now,” she was quoted in the media.

Part of the problem is that Senate Majority Leader Harry Reid of Nevada is resisting any move to advance the mental health provisions, fearing such legislation would be used by those who oppose expanded back-

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ground checks to close the door to future weapons restrictions.

Following the December school shootings, legislatures in Connecticut, New York, Florida, and Illinois were among those that toughened gun laws to make it harder for the mentally ill to purchase firearms.

In New York, the so-called SAFE Act (for Secure Ammunition and Firearms Enforcement Act of 2013) includes a provision that requires mental health professionals to report to local officials anyone who “is likely to engage in conduct that would result in serious harm to self or others.” If those officials agree with the assessment and the person owns a gun, law enforcement is ordered to confiscate it and revoke the person’s gun license.

Psychologists and other mental health professionals in New York don’t like this section of the new law, which went into effect the first part of the year. They say “likely to engage” is too hard to diagnose and reporting such activity would violate HIPAA. They also say such a provision discourages mentally ill people from seeking help. The Veterans Administration has already said it will not participate in the new law because its activities are governed by federal laws. Gun advocates have filed suit against the law but no court decisions have been reached.

In the first few months of the act, it was reported that more than 6,000 reports were filed, but action was taken on only 11. More than nine out of 10 reports came from hospitals or state psychiatric centers.

Connecticut lawmakers voted to require that hospitals report people who have been voluntarily admitted for psychiatric treatment to state authorities, who would then bar them from buying or possessing firearms for 6 months. In Florida, the NRA came to the defense of the legislature after lawmakers enacted a law that restricts the sale of guns to people with a mental illness who voluntarily commit themselves to a mental health fa-



cility. Previously, only those who had been involuntarily committed to a mental health institution were not allowed to purchase firearms.

After Republican Gov. Rick Scott came under criticism for signing the bill, former NRA President Marion Hammer came to his defense. “There is nothing in this bill that will harm Second Amendment rights. In fact, it will help protect Second Amendment rights by keeping dangerous people from being able to buy guns and then their actions being

blamed on law-abiding gun owners,” she told Florida public radio.

An Illinois law set to go into effect next Jan. 1 calls for a fortified electronic database that would require mental health professions to report patients they believe pose “a clear and present danger” to themselves or others. A combination of narrow reporting guidelines, privacy laws, and loopholes that allow even the most unstable person to purchase a gun online makes the effect on public safety minimal, critics say.

Mark Heyrman, J.D., a professor of mental health law at the University of Chicago who helped write the state’s mental health code, was skeptical. “Given the leaks in the system, this does nothing to keep us any safer. It will only hurt people with mental illness and not do anything to protect us,” he told *The Chicago Tribune*.

Most, if not all, states have laws against certain people buying firearms, with California having the strongest. Many states refer to “mental defectives” and “adjudicated mentally ill” among those who cannot possess guns, without defining those terms.

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ETHICS, PSYCHOLOGY, AND THE PRISON MESS

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Recently, on one of my psychology listservs, one colleague posted the following:

"I witnessed an inmate in a county jail who was acutely psychotic and was kept in solitary confinement for almost 2 years, naked, lying in his/her own urine and feces. There was no heat in the cell, and the human wastes leaked into adjoining cells. Numerous official and professional persons were aware of this poor person's plight and no one did anything (or at least anything that was within their ability and authority) to end the inmate's suffering. Apparently, this is acceptable practice here in Florida, as all persons were found to be practicing appropriately."

Unfortunately, the situation described above by one of our colleagues is not uncommon.

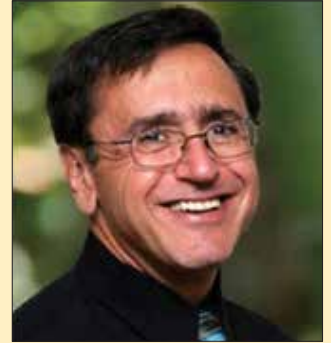
In my many years of work in prisons, I've observed similar scenarios many times. I, too, have seen naked prisoners lying in their own filth. I've seen prisons where an entire block of 40 men was on suicide watch. I've seen a prisoner who was elderly, demented, and paranoid sent to prison repeatedly after being prosecuted for making "terroristic threats." I've seen a psychotic bipolar prisoner tied to a metal chair and drenched with a fire hose to make him "behave."

As has been true for more than 2 decades, the United States incarcerates a higher percentage of its population than any other nation in the world. Most prisoners are under the age of 30 and approximately 15% are people who meet the DSM criteria for a mental illness. About half of that 15% are diagnosable as seriously mentally ill, suffering from problems like schizophre-



nia and bipolar disorder.

According to a 215-page report by Human Rights Watch, "One in six U.S. prisoners is mentally ill. Many of them suffer from serious illnesses such as schizophrenia, bipolar disorder, and major depression. There are three times as many men and



STEPHEN RAGUSEA

women with mental illness in U.S. prisons as in mental health hospitals." One of the report's authors, Jamie Felner, observed, "Prisons have become the nation's primary mental health facilities."

How did we get into this mess? Some of it started when politicians decided that they could get elected and stay elected by being "tough on crime." They voted for mandatory minimum sentences, taking discretion away from the judiciary. And, although approximately half of these prisoners were convicted of nonviolent, drug-related offenses, rather than voting for funding to pay for alcohol and drug treatment, our elected officials decided to spend our hard-earned tax dollars on building more prisons. The result of this national movement was that we currently incarcerate approximately 1% of our population. More than 2.5 million Americans now live behind bars. That's the equivalent of every man, woman, and child in the cities of Philadelphia, Columbus, and Seattle.

A few years ago, the *Tallahassee Democrat* reported,

"Florida's law enforcement and corrections systems are rapidly evolving into the state's de facto mental health treatment providers. More often than not, our law enforcement officers, prosecutors, defense attorneys, judges, and parole officers are being forced to serve as the first responders and overseers of a system ill equipped to deal with an underfunded treatment system that's stretched beyond capacity."

(Continued on page 11)

PRISON MESS *(Continued from page 10)*

To a large degree, the tax money for building and operating prisons was stolen from our public mental health system. Part of John Kennedy's vision for Camelot included a national system of well-funded community mental health centers that would serve the mentally ill in their own hometowns, thereby permitting the closing of a well-developed system of state mental hospitals that had provided inpatient treatment for the severely mentally ill.

Those of us old enough to remember the 1970s recall an era of widely available, well-funded mental health care provided through local community mental health centers. Oddly enough, the systematic under-funding and disempowering of our mental health centers coincided with the increase in funding of the prison system to support the "get tough on crime" movement that spread like a well-intentioned plague from sea to shining sea.

Psychologists should lead the battle for prison reform. I would argue that we have an ethical obligation to do so. Specifically, I reference the preamble of our ethical code, which states:

"Psychologists are committed to increasing scientific and professional knowledge of behavior and people's understanding of themselves and others and to the use of such knowledge to improve the condition of individuals, organizations, and society. Psychologists respect and protect civil and human rights and the central importance of freedom of inquiry and expression in research, teaching, and publication. They strive to

help the public in developing informed judgments and choices concerning human behavior."

As doctors of behavior, academic psychologists should be researching new solutions to our social problem of crime and punishment. Clinical psychologists who work in the system should be developing and implementing alternative treatment models for the imprisoned mentally ill. And all psychologists should be demanding government action to correct this inhumane and ill-conceived foolishness. Can you imagine 100,000 psychologists remaining passively silent as 275,000 mentally ill Americans are mistreated? We are. Can you imagine psychologists saying nothing as prisons are turned into "the nation's primary mental health facilities?" We have.

If you think these issues are important, say so to the leadership of your state and national psychological associations. Talk to your elected representatives. Contribute your time and energy to make things change. We can do better. It is our ethical responsibility to do better.

References available from author.

Note: This article was originally published as a column for "The Ethics Corner" in *The Florida Psychologist*. Stephen Ragusea, Psy.D., is in private practice in Key West, Florida. His email is: ragusea@ragusea.com

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The International Association for Correctional and Forensic Psychology provides a forum for exchanging ideas, technology, and best practices among correctional mental health professionals and others in the international criminal and juvenile justice communities.

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THERAPY: NO IMPROVEMENT IN 40 YEARS

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JOHN THOMAS

well therapists deliver their services.

The good news/bad news scenario was delivered by Scott Miller, Ph.D., to several hundred therapists attending his workshop at the quadrennial Evolution of Psychotherapy Conference in Anaheim, California, which attracted nearly 8,000 psychologists, psychiatrists, and other therapists in December 2013. The conference was sponsored by the Milton H. Erickson Foundation, California State University Fullerton, and California Southern University. Those attending Miller's entertaining 3-hour lecture were seeking ways to avoid becoming average therapists and enhance their performance and join the group of so-called top performers who achieve about 50% better outcomes than their equally-trained and credentialed peers.

Over the last decade, Miller and his colleagues at the International Center for Clinical Excellence in Chicago have been tracking the outcomes of thousands of clinicians around the world to identify the practices that make them well above average. Miller said practice for most clinicians is "like riding an exercise bike. We work up a sweat, but we don't get anywhere." While psychology as a profession seems stuck in the 1970s in terms of its effectiveness, athletic performances have increased by more than 50% during the same period of time. Available evidence, he added, demonstrates that attending a typical continuing education workshop, specializing in the treatment of a particular problem or learning a new treatment model does little to improve therapeutic effectiveness. And despite what many psychologists and other therapists think, there isn't any evidence that they

The good news is that psychotherapy continues to help around 80% of the people who seek the assistance of therapists to deal with their problems. The bad news is that psychotherapy has not shown any improvement during the last 40 years in how

get better over their careers.

Client dropout from therapy continues at around 47%, Miller said, and every 10th person in therapy leaves worse off than when they started. There is little difference in outcomes, whether therapy is provided by experienced professionals, students, early career practitioners, or paraprofessionals.

When he asked for suggestions from the audience as to why psychology is stuck in the 1970s in terms of its effectiveness, responses generally challenged the findings that Miller presented, including polling error and misinterpretation of data. "And I thought it was only your clients who are in denial," he responded, to a roomful of laughter.

Generally, the top performers in psychotherapy know more, see more, and do more than psychologists and other therapists who never leave the ranks of average, Miller said. But, how they do that involves time and effort many therapists aren't willing to undertake, despite their desires to do better than average. Miller used two examples to impress upon his audience the single most important element to becoming a top performer.

First, he asked for a show of hands on a short series of questions concerning championship chess players. Two of the answer choices dealt with the amount of time a chess player devotes to playing the game, while the third involved reading books about various proven chess strategies.

Almost everyone chose the answers dealing with the amount of time champions spent playing chess. It appeared only one person chose the third choice that involved reading about chess, which was the correct response. "You can't do better therapy by attending workshops and you can't improve your therapy skills while doing therapy," Miller said.

His second example was an 8-year-old girl who played a piano so well some of her listeners thought it was a recording. Miller learned from the girl that her skills were developed over a few years by practicing the piano 4 hours a day every day.

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NO IMPROVEMENT IN 40 YEARS (Continued from page 12)

"The only 2 days she didn't practice was on Christmas and her birthday," Miller explained. The girl also told Miller that if she was having trouble getting through a tough spot on the piece she was playing, she would concentrate solely on that piece until she got it right.

"This is what top performers in therapy do. They spend a great amount of time constantly going over their mistakes until they get it right," Miller said. Top performers spend a lot of time getting ready for therapy sessions and a lot of time afterward critiquing their performances. Many rely on being observed by highly-regarded colleagues to see if they are doing well.

Average therapists can also improve their performance by adopting Feedback Informed Treatment (FIT), which allows clients to tell clinicians what they like or dislike about their treatment. Miller noted that the Substance Abuse and Mental Health Services Administration has deemed FIT an evidence-based treatment practice. Research conducted at multiple sites across a wide range of clients and presenting complaints indicates that clinicians can improve the outcome of those cases most at risk for failure by as much as 65% without changing their preferred treatment approach or learning any new treatment techniques.

While many sessions dealt with the past, one dealt

with facilitating the RNA/DNA epigenetics on creating new consciousness as the next step in the evolution of psychotherapy. Led by Ernest Rossi, Ph.D., and Kathryn Rossi, Ph.D., the workshop on RNA/DNA epigenetics looked more like a course on biology than psychology and experiential treatment sessions looked a lot like Transcendental Meditation.

The goal of Epigenetics Psychology is the practical application of knowledge gained from epigenetic research. The field helps to explain how nurture shapes nature, where nature refers to virtually everything that occurs during the lifespan.

Other sessions featured many of the big names of psychotherapy, such as Aaron Beck, M.D.; Martin Seligman, Ph.D.; Salvador Minuchin, M.D.; Steven Frankel, Ph.D., J.D., and Irving Yalom, M.D. Showcasing leaders and pioneers in the field has been the hallmark of the Evolution conferences since the first was held in 1985 in Phoenix, Arizona.

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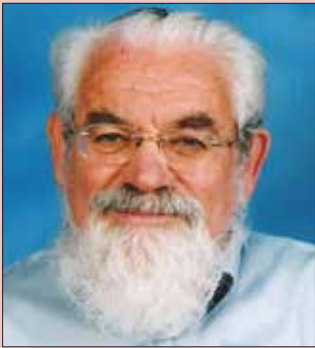
Average therapists can also improve their performance by adopting Feedback Informed Treatment (FIT), which allows clients to tell clinicians what they like or dislike about their treatment.

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AND THEY BOTH WENT TOGETHER: THE ROD AND THE STAFF—PUNISHMENT AND REHABILITATION

*Avraham Hoffmann, Founder and Former Director General of the Prisoner Rehabilitation Authority, Israel,
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AVRAHAM HOFFMAN

For many years, the systems of punishment and rehabilitation worked on two parallel paths that had no real confluence. Therefore, people were sent to prison for a long-term imprisonment, thus, disconnecting them from life in society, decreasing both their chances and motivation to rehabilitate and making their return to society much harder. Today, I am challenging this system with a different proposal. We, in Israeli's Prisoner Rehabilitation Authority (PRA), relied on principles from the Bible to help form a foundation and direction for our work, "And they both went together, the rod and the staff," thus, in my view, combining punishment and rehabilitation.

The first principle in our PRA relates that rehabilitation of prisoners and delinquents is possible only within a world view that acknowledges the ability of human beings to change, and that it is both his obligation and his right, as well as society's obligation, to look for appropriate ways to prevent crime and rehabilitate the criminal. It was only Abraham's unconditional belief in the human being's ability to change his ways that led him to beg God to have mercy for the people of Sodom. The second principle relates that only the perception of the

rehabilitation of prisoners as a fundamental part of the rule of law can ensure harmony and balance between punishment and rehabilitation, perceiving them not as opposing, but rather as complimentary.

"...I believe that since human beings haven't fundamentally changed, our sages' tradition is still valid in the 21st Century."

I believe that since human beings haven't fundamentally changed, our sages' tradition is still valid in the 21st Century. To illustrate, I would like to present three stories from the Talmud that deal with criminals and rehabilitation. The first highlights how we deal with an ideological decision. The next two, how we deal with ideology in light of practice.

Rabbi Meir had gangster neighbors. For their salvation, he requested that they die before committing further transgression. His wife Bruria said to him, "What do you rely on when you pray for their death? It says in the Psalms: Let sins cease and you believe that the world is better by destroying the wicked. But does it say sinners cease? No, it's sins, so you have to pray for the disappearance of the wickedness not of the wicked." She further explained that if the villains repent, the wickedness will disappear eventually. Hence, realizing his wife was right, Rabbi Meir prayed for them and they repented. The PRA's work is based upon the disappearance of sins not the sinners.

The next story is similar to the first, but ends differently. Reish Lakish tells us that bullies were living close to Rabbi Zera, and he was trying to help them repent. Other rabbis asked Rabbi Zera why he tried so hard to deal with these bullies. Now, when Rabbi Zera died the bullies said, while Rabbi Zera was alive he would pray for us so we wouldn't get punished for our many sins; now who will pray for us? They decided to repent. So, in the end, with his hard work, the bullies eventually repented.

The last story also deals with ideology in light of practice. Rabbi Yohanan was swimming in the Jordan River one day. Reish Lakish, who was a leader of bandits, jumped into the river in order to rob him. Rabbi Yohanan said to him, "Such a brave person like you should invest efforts in studying the Torah." Reish

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PUNISHMENT AND REHABILITATION (Continued from page 14)

Lakish replied: "You are a handsome man, you are as beautiful as a woman." Rabbi Yohanan answered: "If you return to study the Torah, I will give you my sister, who is prettier than me, to be your wedded wife." One day, while arguing about different kinds of knives, Rabbi Yohanan replied to Reish Lakish with anger: "You surely know everything that there is to know about thievery. In other words, since you were a bandit when you were young, you still know these matters now." Reish Lakish was offended and replied: "What good have you done by helping me come closer to the Bible? There, among the bandits, I was called a rabbi (leader), and here, I'm also called a rabbi." Rabbi Yohanan replied: "I have helped you come closer to God. Why aren't you grateful?"

Reish Lakish later became very ill, and his wife came to her brother (Rabbi Yohanan) and begged him, saying: "Pray for my husband's recovery so that my sons will have a father." But, he refused. Eventually, Reish Lakish died and Rabbi Yohanan regretted both Reish Lakish's absence and what he had not done for him.

These stories, in my view, testify to how much our sages were concerned with the complexity of our attitudes toward the criminal. They show that, although the moral decision in the first story is in favor of helping the criminals rehabilitate, the others demonstrate that in practice, it is hard to apply this ideology. There is no easy way to repent and be forgiven.

Do we have an obligation to help criminals and delinquents? Our sages present two stories from the Bible, that of Abraham confronting God's decision and begging him not to destroy Sodom and Gomorrah if only he could find a few righteous people, as opposed to the story of

"...A real righteous person, even if he cannot improve his generation's ways, must prevent sinners from severe judgment and pray for a merciful judgment. Hence, he must plead in their favor even if they are criminals or delinquents and never give up...."

Noah, who built the ark without asking God to spare his generation of sinners. This contrast presents a social choice between living in a fortress or doing social rehabilitation.

A real righteous person, even if he cannot improve his generation's ways, must pre-

vent sinners from severe judgment and pray for a merciful judgment. Hence, he must plead in their favor even if they are criminals or delinquents and never give up.

Is punishment and rehabilitation a continuum that assures the rule of law? In a verse of Deuteronomy, our

savant great commentator noted a dualism. The sinner is called a villain, but after he has been punished, he is called your brother. Hence, the Bible makes a distinction between punishment and rehabilitation. Punishment has a beginning and an end, while rehabilitation is a never-ending process. When he becomes your brother, you have the obligation, a duty to rehabilitate him. As King David said in Psalms 23: "Thy rod and Thy staff, they comfort me." The punishment, after being completed, becomes a staff (a wooden stick) that you may lean on, a rehabilitation tool! In other words, the rehabilitation process becomes complementary to the punishment process and only when there is balance between the two.

I'm going to shift my focus for a moment from individuals to the system. The Bible tells us that when a murder is committed and the murderer is not found, the heads of the justice system had to come to the scene of the crime and say: "Our hands did not shed this blood." Does anyone believe that the courts' judges have partnered with crime? The answer is that the judges are blamed for not conducting effective social policies, and therefore as leaders, they are indirectly responsible for the crime.

If this is so, then we must, therefore, perceive crime not only as the individual's failure, but also a failure of society and society's duty, therefore, is to correct social policy. In my view, society somehow must also assure the means for prevention and rehabilitation. Our sources tell us how King David assisted in this process when the criminal was fined, yet didn't have the resources

"...We must, therefore, perceive crime not only as the individual's failure, but also a failure of society. Society's duty, therefore, is to correct social policy and, in my view, assure the means for prevention and rehabilitation...."

(Continued on page 16)

PUNISHMENT AND REHABILITATION (Continued from page 15)

“...The Israeli prison service and the PRA would cooperate as runners do in the relay race. All runners need to do their best separately, but if they fail to pass the baton effectively, the whole team loses time and may even lose the race....”

with which to pay. The King offered him a loan from the royal coffers which he had to repay on a monthly basis. In this way, punishment was meted out, and, at the same time, the criminal was checked and observed on a regular basis.

I am proposing what I perceive as an ideal

offender rehabilitation strategy. Courts need to shorten the punishment-imprisonment period and, at the same time, prolong a compulsory rehabilitation period following the release from prison. Instead of giving 4 years of imprisonment, give 2 years of imprisonment and 2 years of obligatory rehabilitation in a residential hostel, since the majority of imprisonment sentences are of less than 4 years. The Israel Prison Service and the PRA would cooperate as runners do in the relay race. All runners need to do their best separately, but if they fail to pass the baton effectively, the whole team loses time and may even lose the race.

A person, who knows in advance, that he has a worthwhile alternative outside prison and if he does not fail while in prison, has a greater chance to succeed. The residential rehabilitation hostel has a clear advantage for family men who will return home. The hostel also offers proximity to homes, leaves, and opportunity eventually to work (breadwinning).

In light of the economical crisis around the world, many countries have difficulties in allocating enough resources and budgets to develop additional incarceration facilities for the increasing number of prisoners (also caused by the economic crisis). In many cases, the budgets of prison services decrease. Imprisonment costs are 3 times higher than rehabilitation in a hostel. Consequently, a successfully rehabilitated prisoner can contribute to society, as opposed to one who is not and may cause further damage and financial burden to society.

Partnering in the rehabilitation process from the outset, the Israel Prison Service may operate with a clear rehabilitation work plan based on clear and measurable goals. The prisoner will leave prison, ready to continue his rehabilitation program outside prison.

The PRA is our attempt to realize our sages' heritage today. We perceive rehabilitation as an integral part of the rule of law. Only when we create a continuum, when punishment is followed by rehabilitation, allowing the released prisoner to begin a new life, can we achieve society's goal of decreasing the number of delinquents and criminals amongst us?

To fulfill this vision, we have to also train our personnel to be able to integrate this vision both in their body and soul. To quote Rabbi Shlomo of Karlin: “If you want to pull out a person that is submerged in mud and slime, you cannot stay above and outside and lend your hand. You must go down into the mud and only then can you hold him firmly with both arms and pull him and yourself out into the light.”

Avraham Hoffman gave a modified version of this presentation at the International Corrections and Prisons Association (ICPA), October 27-November 1, 2013, Colorado Springs, Colorado. He is the Chairman of the Jerusalem Volunteers Organization Council and of the Organization For the Treatment of Elderly People in Jerusalem. He was a social policy and criminology lecturer at the Ariel College. Avraham is the Founder and former Director General of the Prisoner Rehabilitation Authority (PRA) for over 19 years, and he is currently a member of its Council. As a state entity devoted solely to the rehabilitation of all released inmates and their families, the PRA's leading philosophy is that “Everyone has a right to a second chance.” Hoffman has constantly strived for cooperation between different authorities and community services, and for society's involvement to maximize the chances for successful rehabilitation. He is recognized for helping develop many innovative Israeli programs to meet the needs of released offenders, men and women, Arab and Jew. For his pioneering efforts, the IACP awarded him the IACP's Outstanding Contribution Award in 2008.

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WOMEN EMPOWERMENT PROGRAM: REHABILITATION OF THE PRISONERS' FAMILIES

*Rojar Noor Alam, MBA, Project Manager, Disaster Management Program, Youhanabad, Lahore, Pakistan,
and an IACFP Member
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Rojar Noor Alam gave two presentations at the 15th AGM and Conference for the International Corrections and Prisons Association (ICPA),

October 27-November 1, 2013, Colorado Springs, Colorado. The presentations highlighted two 3-year programs, scheduled to begin in 2014 and are to be conducted in Youhanabad, Lahore, the largest Christian colony in the Islamic Republic of Pakistan and are presented here in abbreviated form.

EXECUTIVE SUMMARY

Women in Pakistan live in a world which is structured by strict religious, family, and tribal customs. They are subjected to discrimination and violence on a daily

basis. Women in Pakistan are facing various forms of violence, discrimination, and inequality in almost every aspect of life. Violence against women in many fields is often not conceived as a violation of human rights, but rather as a normal aspect of lives of Pakistani people. They live in an atmosphere of fear, lack of education, and economic opportunities for women restrict the potential of women to think about their due rights. Furthermore, poverty and religious extremism are also roadblocks in the way of Pakistani women becoming progressive and independent. Women in Pakistan are highly connected with the honor of men. Men normally control their movements and behavior whether he is father, husband, or brother.

The status of women in Pakistan is not homogenous because of the interconnection of gender with other forms of exclusion in the society. Patriarchal values embedded in local traditions and culture predetermine

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CONGRATULATIONS TO DR. ALTHOUSE

Doctor Richard Althouse, our Executive Board Chair, has been selected to present a workshop titled: Why Is Reentry So Difficult? The Role of Implicit Cognitions at the Mental Health in Corrections Conference (MHCC) in Springfield, Missouri, April 10-12, 2014.



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WOMEN EMPOWERMENT *(Continued from page 18)*



ROJAR NOOR ALAM

the social value of gender.

Regressive social practices, entrenched deeply in tribal and feudal customs and traditions, coupled with an obscurantist interpretation of religious leaders, are the main hurdles in the way of women, demanding their rights. Changing social attitudes towards women in Pakistani society requires sustained legal and social efforts.

As many as 44 countries have enacted legislation on domestic violence. While Pakistan does not have specific legislation on it, there are sections of the Pakistan Penal Code and other laws that can be used to invoke justice for the victim. Still, domestic violence is not a crime against the state, and no special laws in Pakistan have been drafted having special remedies and procedures. Violence against women is perpetrated when legislation, law enforcement, and judicial systems con-

done or do not recognize domestic violence as a crime. These laws are not enough to meet the end of justice because as the two authorities having the force of law (police and court) are not enforcing it, mere legislation on any bill is not sufficient unless it is implemented by the law enforcing agencies. Police who are supposed to stand guard of life, honor, and property of people are the first to violate the law because they think that they are not accountable to any authority, thus misusing their power and duties. Police mostly support the version of the accused party—they never favor an innocent woman to whom the wrong has been done, but force the woman and her family to patch up relations with the accused and to withdraw both the registered police report and the case pending in court. Women are threatened with adverse consequences using threats and intimidation to the victim, discouraging them to seek justice with fear of harm to their family, honor, and property.

On the other side, the court is sometimes reluctant to entertain the cases of victims and to penalize the accused in accordance with law. The major reason for this is that judges are approached by the accused party, who is often influential and rich; and so on these grounds, the cases of victims are dismissed. The other major flaw is that victims are poor and unable to afford the

legal expenses. For these reasons, many victims can not claim any relief from the court.

In recent years, because of feminist activism and the media, women are becoming more vocal and active in demanding their rights, given by constitution and religion. Although the government of Pakistan is trying to enact legislation that would guarantee the protection of women's rights to some extent, still much more needs to be done.

THE PROBLEM

The South Asian subcontinent is the least gender-sensitive region in the world. It is the only region in the world where men outnumber women. The sex ratio is 105.7 men to every 100 women. In Pakistan, women are not only subjected to financial discrimination, but they are also victims of inhuman customs and laws such as Karo Kari, Haddood ordinance, Qasas and marriage to the Quran, and half witnesses according to the state law (whereby in court a female witness is only worth half a male witness).

If half of the population of Pakistan is spending life marked by strong feelings of fear and insecurity, directly or indirectly, how can Pakistan stand among the prosperous countries of the world? Think about this: half of the population has no direct involvement in legislation, policy, and development. That staggering situation is the reality faced by the women of Pakistan. Though there can be no denying Pakistan has come a long way in the struggle for gender equality, there is still much work to be done.

If the abilities of Pakistan's women were properly utilized, the progress and quality of life of the entire nation would increase exponentially. It is a backwards, ignorant, and ugly mindset that would choose to continue the oppression of women by boxing them into roles. Doing this to our women stops Pakistan from going forward, and stops future generations from having educated, active, and socially active mothers, sisters, and wives. We are holding our women back.

One example here is the Honor Killing Bill which was passed by the National Assembly of Pakistan and was completely against the fundamental rights. Due to this legislation, thousands of women were killed for different reasons and causes and later it was given the

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WOMEN EMPOWERMENT (Continued from page 19)

name of Honor Killing so that the accused may not be punished in accordance with the law. It was a heinous offense committed at the national level being incorporated by the legislation of the National Assembly. Such legislation had never been framed in Pakistan's history, although now this legislation has been overruled—but many lives were lost due to this legislation.

Violence against women is a concern of noticeably significant importance at societal and family levels. Domestic or intrafamily violence perpetrated by both male and female family members and relatives deserves special attention. Domestic violence is a serious threat to women's basic human rights and physical and psychological well-being.

THE NEED

Every year, hundreds of women of all ages in Pakistan are killed in the name of Honor Killing. During the last year, 1,261 cases of honor killing were reported; honor killing and Karo-Kari is a custom of killing mostly women who are accused of having sexual relations with strangers. (Karo is when a man is killed; Kari when a woman is killed). In 2009, at least 38 acid attacks took place in Pakistan, with disputes over matters of matrimony or domestic arguments appearing to be the most common reason behind the acid attacks.

Another brutal action of domestic violence in Pakistan is where a newly-married girl receives mental and physical torture by her in-laws, or they kill her through the explosion of a clay stove and pretend it to be an accident. Last year in Pakistan 7,000 women were burnt in domestic violence incidents.

Pakistani women are also victims of sexual assault and sexual harassment; unfortunately these women are forced to compromise with the rapist because in the Pakistan Penal Code (PPC) rape is a non-compoundable offense and judges and local police compel the victim to compromise for a small amount of money due to their poverty, without giving the rapist a sentence.

The victims of domestic violence are refused the right to register their cases against the alleged accused, because police discourage the victim's family from seeking justice on the grounds that the legal expenses are too high and often the accused are influential and have police protection.

Women who attempt to report abuse encounter seri-

ous obstacles. Police tend to respond to such reports by trying to reconcile with the concerned parties rather than filing charges and arresting the perpetrators.

Cultural barriers do play a pivotal role in discouraging the victim from recourse to law because the families of victims think that if society comes to know that any person has done wrong with their daughter, sister, wife, or mother, they would be disgraced in society and the community, and their relatives would abandon relations with them. If they could not find any suitable match for their women for marriages, people would taunt them and would laugh on their helplessness—this is why the families of victims prevent her from registering the case or filing any suit against the accused and also want to avoid any media publication.

In the Punjab brothers, fathers and husbands subject 82% of women to domestic violence. The incidence of wife-battering is so common that it is not even recognized as a pernicious form of violence against women. Even in the cases where women receive serious injuries and want to file complaints, they are advised by the police to reconcile

“...The incidence of wife-battering is so common that it is not even recognized as a pernicious form of violence against women. Even in the cases where women receive serious injuries and want to file complaints, they are advised by the police to reconcile with their husbands, as any matrimonial dispute would bring dishonor to them.”

with their husbands, as any matrimonial dispute would bring dishonor to them. This violence against women begins in their childhood. They are not allowed to play games like boys that can help in their speedy mental and physical development. Another practice common in Pakistan is cutting off a woman's nose if she is suspected of having an extramarital relationship.

Sexual assault on women, including rape, remains one of the most common crimes. The Human Rights Commission estimated that rape occurs every three hours. No estimate, however, can be made of the numerous cases that go unreported.

This intense social crisis manifests itself in the sharp rise in the molestation of women, gang rape, and violent

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WOMEN EMPOWERMENT (Continued from page 20)

crimes against women, both in the rural and urban areas. These pressures upon women further diminished their will, confidence, and determination. These reactionary periods developed a defeatist psychology amongst women.

In the given social context, Pakistani women lack social value and status because of negation of their roles as producers and providers in all social roles. Therefore, the male members of the family are given better education and are equipped with skills to compete for resources, while female members are neglected. Lack of skills, limited opportunities in the job market, and social and cultural restrictions limit women's chances to compete for resources.

Due to social and cultural constraints, women do not enter the labor market on equal terms vis-à-vis men, because women labor power is considered inferior and secondary. As a result of discrimination against women labor, their work is low paid, low status, casual, and lacks potential upward mobility.

Stories of honor killings, bride burning, acid throwing, rape, etc. which often cover the lines of national newspapers compelled us to write a project to enslave women from all these inhuman and violent practices against women in the name of religion, customs, and traditions. This is our moral duty to fight or criticize those societal setups which are root causes of gender inequality, injustice, and discrimination resulting in a form of cultural, structural, and direct violence against women.

INITIATIVES THAT HAVE BEEN TAKEN SO FAR

The media has played a vital role in mobilizing women for particular causes like domestic violence, sexual harassment, and assault. Those cases which were not registered with police in their daily diary and those cases which were pending in the court were all entertained in an expeditious manner through the media as a result of women's mobilization, highlighting the government's inefficiency and lack of concern regarding women's human rights. This has had an effective and fruitful result because the government has issued directions to police and the court to work in accordance with the law and justice—so many changes have been seen.

Women's organizations have launched campaigns,

demonstrations, protests, and marches throughout the country with the support of electronic and print media who transmit their voices to every nook and corner of Pakistan and as well other parts of the world. This also shows consolidation between these women's organizations. The media has encouraged the women of Pakistan to join hands with these women's organizations and to assemble for their protection and safety. Thousands of women have joined these associations and organizations which mean that women of the country promote and encourage women's mobilization in Pakistan.

POTENTIAL SOLUTIONS

Government should constitute a council or a committee to monitor whether there is any violation of women's human rights in any part of the country. They should take urgent action against any such authority or official who causes a hindrance in the implementation and enforcement of law, and any officer guilty of misconduct or misuse of power should be impeached and given an exemplary punishment so that no government servant dares to violate the law with this perspective that he is not accountable to any authority.

The government should promote and encourage the media with exclusive liberty to work, focus, and criticize any government policy which is detrimental to human rights, and if any bill has been passed in the legislature or any enactment has been framed which is against fundamental rights conferred by the Constitution of Pakistan 1973, it shall be declared null and void. It should be revised and reconsidered before it is brought into force.

Only through the education of women and by making them leaders and equal participants in decision-making

(Continued on page 22)

“...The media has encouraged the women of Pakistan to join hands with these women's organizations and to assemble for their protection and safety. Thousands of women have joined these associations and organizations which mean that women of the country promote and encourage women's mobilization in Pakistan....”

WOMEN EMPOWERMENT (Continued from page 21)

free itself from the bonds of illiteracy, inequality, and poverty. International declarations and agreements may play an important role to pressure the government of Pakistan to make adequate laws or policies in order to control the violence against women, but the ultimate solution lies in the realization of gender equality with men. And both women and men are actors for achieving gender equality. Change can come and must come from both men and women.

To work for a society free from gender-based violence is not be possible if Pakistani people do not take into account or address the role of women. Women not only are mothers, daughters, sisters, and wives, but they are human beings as well. They should not be treated as objects whose existence is defined by their relationship to men. They should be treated as entities in their own right as human beings having the right to live,

“...To work for a society free from gender-based violence is not be possible if Pakistani people do not take into account or address the role of women. Women not only are mothers, daughters, sisters, and wives but they are human beings as well....”

work, contribute, earn. Everyone should acknowledge this role or right in Pakistani society from a high official to a common man.

The reality is this, that women are as capable as men in any task

not involving excessive physical activity. Unless the men of Pakistan do not react against the patriarchal patterns of society, social conditions will remain problematic and further promote violence against women. Gender inequality between men and women is a product of society's patriarchal attitude and has nothing to do with the knowing or thinking powers of women. Violence against women sustains its momentum because of gender inequality.

Violence against women is a complex problem which requires coordinated solutions, involving the participation of both the state and civil society. There is a strong and urgent need for mobilizing and adequately utilizing all allied sectors of society for formulating policy and programs. These involve the development of community networks in order to provide care and support to people who are victims of violence. These also involve

the promotion of non-violent relations in public and private lives of men and women.

Pakistan cannot become a moderate, progressive, and a prosperous country without strengthening civil society. This requires

giving men and women equal access to opportunities in life, with particular emphasis on the protection of the rights, safety, and well-being of women.

The women of Pakistan will have to go a long way before they are able to get their rights in Pakistan. Unless the traditional thoughts regarding women as inferior, or as personal property, are changed, it might be difficult for women to get any sort of freedom from this atmosphere of fear. Pakistan cannot become a prosperous country in the world unless the half of the population consisting of women is given equal opportunities to take part in this process of development.

“...Unless the traditional thoughts regarding women as inferior, or as personal property, are changed, it might be difficult for women to get any sort of freedom from this atmosphere of fear....”

SPECIFIC PROGRAM OBJECTIVES

- To organize 10 women groups to empower them for their socioeconomic growth.
- To create awareness among 720 unskilled young girls and women about the importance of skill and gender equity through 36 awareness seminars.
- To enhance the capacity of the 720 unskilled young girls and women through sewing, embroidery, and different handicrafts skills.
- To establish 2 sewing centers within Youhanabad to provide sewing skills to 300 young girls and women.
- To organize 36 trainings of making daily use items like shampoo, detergent powder, candle making, tie and dye, juices, jams, and tomato ketchup, etc. to 720 young girls and women.

GENERAL PROGRAM OBJECTIVES

- To promote resource-sharing practice among the target women groups to strengthen the spirit of brotherhood.

(Continued on page 23)

WOMEN EMPOWERMENT *(Continued from page 22)*

- To promote gender equality in the society.
- To network with other governmental organizations (GOs) and non-governmental organizations (NGOs) institutes for the betterment/enhancement of the Women Empowerment Program.
- To accommodate the unskilled young girls and women of all other religions to create social harmony among the society.
- and community development.
- Economic conditions of the women will be strengthened.
- Womens' sense of ownership and responsibility will be developed.
- Social harmony will be promoted in the society.
- Gender equality will be promoted.

POTENTIAL PROGRAM IMPACT

- Young girls and women will learn skill and gain confidence.
- Self-respect and dignity of the young girls and women will be restored.
- Attitude of the society towards women will improve.
- Women unemployment rate will be decreased.
- Women will start taking their role in decision making

Rojar Noor Alam is a Project Manager with Caritas Pakistan Lahore and coordinates activities of the program to ensure that goals and objectives are accomplished within a prescribed time frame, funding parameters, and partners' rules and standards. He provides technical and managerial oversight, problem-solving, and coordinates activities with stakeholders to ensure continuity of operations and efficient performance of project personnel. For more information about the Women Empowerment Program, contact the author at: rogeriram09@gmail.com

YOUHANABAD CHRISTIAN YOUTH DEVELOPMENT

*Rojar Noor Alam, MBA, Project Manager, Disaster Management Program, Youhanabad, Lahore, Pakistan, and an IACFP Member
rogeriram09@gmail.com*

INTRODUCTION

Mother Teresa Youth Ministry (MTYM) is a non-denominational and non-governmental organization (NGO) established in 2007 with the aim of developing and documenting of youth programs beneficial to the Christian youth of Youhanabad. The MTYM is committed to improving educational, environmental, and living conditions of urban poor people in Youhanabad. Through our programs, the MTYM seeks to engage and empower young people on a range of issues, besides giving young people the opportunity to share best practices, networking and learning through seminars, youth talk shows, and counseling.



Youhanabad undoubtedly is one of the biggest Christian towns in Islamic Republic of Pakistan and it would not be out of place to assert it the Christian hope in Pakistan. This is an unfortunate and a fateful situation of a religious minority in a predominantly Muslim country. Total population of Youhanabad is around 80,000. Living standards of the people are not terribly good.

The majority of the population is uneducated and working on daily wages. Average monthly income ranges from \$33 to \$43. On an average basis, every other family has a large number of dependents and as a result, the

(Continued on page 24)

YOUHANABAD *(Continued from page 23)*

children are compelled to work in their early ages, thus increasing the illiteracy rate dramatically. Keeping all of this in mind, our ministry has decided to do something for the betterment of our Christian community. The remainder of this presentation is provided here in outline form because of additional space needs.

PROGRAM ACTIVITIES

- Acquiring relevant material for an information packet.
- Young women consultative workshops on gender discrimination.
- Christian youth sports competitions.
- Seminars on peace and HIV/AIDS-related stigma.
- Career counseling seminars for Christian youth.
- Youth conference on gender violence, human rights abuse, and general health and environment.
- Youth talk shows on various issues of Christian youth.
- Strengthen MTYM staff and volunteers in terms of training and development for greater effectiveness.
- Document the process.

PROGRAM OBJECTIVES

- To enhance youth awareness about the importance of studies.
- To encourage youth participation in the movements that work to ensure the elimination of gender discrimination.
- To develop strong personality of our Christian youth by conducting youth talk shows, seminars, and youth conferences.
- To regulate our community in terms of health and environment.
- To assist our Christian youth to better their social and economic conditions through skills development and self-help activities.

POTENTIAL PROGRAM OUTCOMES

- Committed Christian youth that will lead to the better future prospects for our Christian community in the long run.
- Availability of youth solidarity movements that work to ensure their future, personality development, and calls for the elimination of gender discrimination.
- Drop-out ratio of female students will be reduced and that will be helpful in making female leaders in our community.

- Our Christian youth will become aware of their rights.
- Well-equipped and well-groomed Christian youth with modernized thoughts.

Rojar Noor Alam is a Project Manager with Caritas Pakistan Lahore and coordinates activities of the program to ensure that goals and objectives are accomplished within a prescribed time frame, funding parameters, and partners' rules and standards. He provides technical and managerial oversight, problem-solving, and coordinates activities with stakeholders to ensure continuity of operations and efficient performance of project personnel. For more information about the Youhanabad Christian Youth Program, contact the author at: rogeriram09@gmail.com

NEWS FROM ACROSS THE U.S.

CALIFORNIA—A second lawsuit was filed in September 2013, bringing the total to 39 students who are suing Pacifica Graduate Institute on grounds the school misled students for 10 years that its program was APA-accredited or that accreditation was pending. Pacifica applied for APA accreditation in 2008, but was rejected. Students, particularly those seeking practices in other states, contend that they incurred debts of about \$150,000 each, based upon false statements. Pacifica officials contend that they have been forthright about APA accreditation and that the school provides a quality education. Pacifica is accredited by the Western Association of Schools and Colleges, which is sufficient for licensing in California.

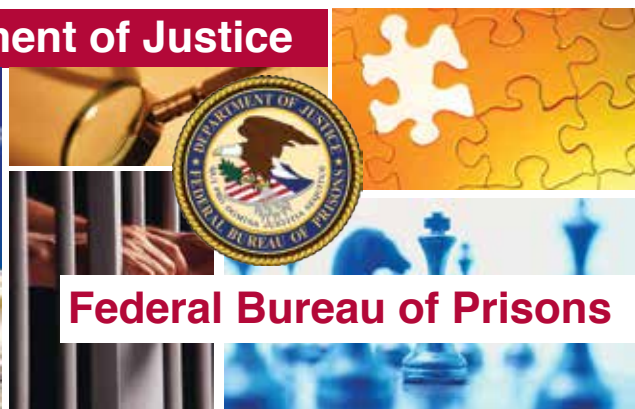


MISSOURI—Because lethal-injection drugs are in short supply and questions are being raised about their effectiveness, lawmakers in a few death-penalty states are thinking about bringing back the firing squad, electrocutions, or the gas chamber. Some lawmakers indicate that serious questions about injection drugs are going to end up in court and will delay executions which will force states to look for alternatives. These same lawmakers note that delayed executions also force relatives to wait for years for justice to be served.

IACFP FINANCIALS FOR 2012 AND 2013

	12/31/12	12/31/13
Assets		
Checking Account	\$ 31,196.33	\$ 30,475.60
Certificates of Deposit	\$1,170,672.72	\$1,272,106.12
Total Cash	\$1,201,869.05	\$1,302,581.72
Fixed Assets	\$ 950.00	\$ 950.00
Total Assets	\$1,202,819.05	\$1,303,531.72
Revenue		
Income from SAGE	\$ 278,147.07	\$ 311,585.49
Interest Income	\$ 22,845.01	\$ 7,930.51
Other Income	\$ 264.20	0.00
Total Revenue	\$ 301,256.28	\$ 319,516.00
 Total Assets and Revenue	 \$1,504,075.33	 \$1,623,047.72
Expenses	\$ 158,542.64	\$ 219,753.33

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For general information about the Federal Bureau of Prisons, please visit our website at: bop.gov

NEWS FROM AROUND THE U.S.

MISSISSIPPI—The Mississippi Psychological Association, through its Psychology and Law Task Force, has filed amicus curie briefs in two court cases involving young women who delivered stillborn children following alleged drug usage. The briefs argue that criminal charges brought against the two women could negatively affect mental health treatment of pregnant women with substance abuse disorders as well as ethical implications that may become involved in providing assessments and treatment services for pregnant substance abusing women.



ARNOLD LAZARUS—Arnold A. Lazarus, Ph.D., ABPP, died on October 1, 2013, at age 81. He began his career as a psychologist in South Africa in 1960. In 1966, he migrated to the United States becoming Director of the Behavioral Therapy Institute in Sausalito, California. He later taught at Temple University Medical School and at Yale University before joining Rutgers University. Lazarus coined the term “behavior therapy” in the literature in 1958. He authored 18 books and countless articles in the professional and scientific literature. Lazarus is survived by Daphne, his wife of 57 years, a son, a daughter, and one grandchild. Doctor Lazarus will be very much missed by many.



AFLUENZA DEFENSE—The “afluenza” defense of a Texas teen who pleaded guilty of causing the deaths of four people and seriously injuring two others has stirred outrage. Ethan Couch, 16, was driving under the influence of Valium and alcohol when he slammed into a group of people around a stranded car, including its passengers and those from another car who had stopped to help. Prosecutors sought the maximum 20-year sentence in a Juvenile Worth Juvenile Court trial. Instead, Texas District Judge Jean Boyd sentenced him to 10 years probation and intensive rehabilitation on December 10, 2013. The “afluenza” furor stemmed from a defense psychologist's description of the youth as a victim of afluenza or being cushioned by the money of wealthy parents to a point that he never understood the consequences of his actions.



ILLINOIS—The state's attorney for Mclean County is providing two new programs hoped to help defendants whose struggles with mental illness have landed

them in a revolving door between homeless shelters and jail. One program would make use of “second chance probation,” in which first-time convictions for some nonviolent felonies can be erased from records if the participant stays crime-free for 5 years. The second program seeks lawyers to volunteer pro bono as guardians for mentally ill offenders to help them make appropriate decisions.



GEORGIA—A sweeping law in Georgia that aims to reduce the number of juvenile offenders in custody and save taxpayer money took effect January 1, 2014. Under the new law, only the most serious offenders will be kept in custody, while others convicted of more minor offenses will be diverted into community-based programs. In addition to cutting costs, the law is meant to reduce rates of young offenders returning to the institution. Georgia Department of Juvenile Justice officials point out that in Georgia, the cost of keeping a juvenile in detention is about \$90,000 per year. In community-based programs, the cost is reduced to about \$3,000 per year. It's pointed out, too, that about 65% of juveniles who are simply locked up, commit new crimes once released.



MISSOURI—Missouri corrections officials will not release the compounding pharmacy supplying pentobarbital for the state's executions, and pentobarbital is the drug used in Missouri. Compounding is the pharmacy practice of mixing medications to meet patients' needs. Today, there are critics saying that some pharmacies have come to resemble drug manufacturers yet do not have to comply to the same regulations of conventional drug makers. Executing someone with secretly-compounded pentobarbital raises legal and U. S. Constitutional issues, so Missouri may be headed to court.



GEORGIA—Taxpayers in Georgia paid about \$30 million last year to retrain 3,000 replacement correctional officers according to state auditors. Part of the problem stems from low salaries. It was also noted by the auditors that other factors contributed to officers leaving, e.g., long shifts and dangerous conditions. At this writing, it was unclear whether state leaders are considering raising correctional officer pay.

VIGNETTES OF GLIMPSES INSIDE

Ronald R. Mellen, Ph.D., Professor, Department of Criminal Justice, Jacksonville State University, Jacksonville, Alabama, and an IACFP Member
rmellen@jsu.edu



RON MELLEN

After retiring from Saint Mary's University in San Antonio, Texas, and before returning to teach at Jacksonville State University in Jacksonville, Alabama, I worked in the Arkansas Department of Corrections for 6 years. The first 3 years in Arkansas corrections was as Clinical Director of the Special Program Unit (a mental health unit) and the last 3, I was staff psychologist for the max and supermax units. Every so often, an offender event would strike me as important and I wrote them down. The events were not earth-shaking, but collectively, they provided insights into the vast array of hidden and emotional experiences that I encountered as a psychologist.

I've used the offender events in my correctional counseling classes for years and the students responded with interest. I started to craft these events into a book, but the thought also came to me that readers of *The IACFP Newsletter* might find the events interesting and possibly also open the door for others to share some of their similar experiences. Another vignette titled: *The Street Warrior* follows below.



THE STREET WARRIOR

It began as just another meeting of the Medication Review Committee. The Sarge brought in a 160-pound, muscular, handcuffed, Black male in his 20s. The inmate was a convicted murderer and a violent paranoid schizophrenic street-warrior.

The committee was composed of the unit psychiatrist, the inmate's mental health counselor, and me, the clinical director of the mental health unit. Our task was to determine if the inmate was a danger to self and/or others. If the answer was yes, he would be put on forced anti-psychotic medications).

The psychiatrist began his questioning of the inmate using a very direct approach and it wasn't long before I began to feel uncomfortable. Suddenly the inmate, in a burst of rage, leaped from his seat and lunged across the desk trying to get to the psychiatrist. In the same instant, Sarge pushed between the inmate and his prey. A see-saw battle ensued, a mixed brew of physical and verbal violence. Unable to win the battle, Sarge was successful in achieving plan B, that was fighting the inmate out of the office and into the hallway, protecting the committee members.

Once in the hallway, Sarge was suddenly losing the struggle. A new-to-the-staff but husky correctional officer showed up who seemed confused. He just stared at the on-going battle until Sarge gasped and bellowed out "Well, are you going to help?" Those were his final words before he was heaved through the air by the

inmate. Despite landing on his head, Sarge held on to the inmate with a tenacity that would bring a smile to an NFL offensive lineman. Even with the second officer, the battle was being won by the enraged inmate. Control was finally established with the arrival of two additional officers.

Courage comes in all sizes. Today, it was a 51-year-old correctional officer with a rank of sergeant taking on an enraged 23-year-old paranoid schizophrenic. I know we, the three committee members, the psychiatrist, the pregnant counselor, and myself were 30 seconds from potential harm. We understood how fortunate we were to have Sarge fade the heat...and our debt was and is significant.

Later, on the evening news, I saw that 25% of all American children lived below the poverty line and lack sufficient medical care, compared to Finland, where only 3% of the children fell into that category. I had the haunting feeling that today's events were somehow related to these numbers, and that someday our children and grandchildren will pay for their parents' sins of omission.



If you would like to submit a brief article like Dr. Mellen's, the vignette model used by him would be an excellent way to share similar experiences with others in the newsletter.

REPORT: TUTWILER PRISON FAR FROM REFORMER'S DREAM

Julie Tutwiler Prison is named for a legendary Alabamian who pushed for better conditions in prisons. An ongoing investigation by the U.S. Justice Department indicates Alabama's only prison for women is not living up to its namesake's ideals.

The Justice Department said women at the Wetumpka prison live in a toxic environment with repeated and open sexual behavior. That includes officers forcing women to engage in sexual acts with officers in exchange for basic sanitary supplies, males openly watching women shower or use the toilet, a staff-facilitated strip show, a constant barrage of sexually offensive language, punishment of prisoners who report improper conduct, and encouraging improper sexual contact between prisoners.

"I think Julia Tutwiler would be horrified," said Bryan Stevenson, Executive Director of Equal Justice Initiative. The Montgomery-based nonprofit group provides legal representation for indigent inmates and advocates for better prison conditions. The organization filed the complaint that prompted the Justice Department investigation.

BUDGET WORRIES

State Corrections Commissioner Kim Thomas said his department has been proactive and is making improvements, including getting funding from the Legislature to add security cameras. But his plea for more officers and better pay weren't included in the governor's recent budget recommendation to the Legislature. The governor recommended the prison system get by next year on about the same amount it is receiving this year.

House Speaker Mike Hubbard, R-Auburn, called the Justice Department's report "very distasteful." But he said that the Legislature is dealing with several programs needing more money and can't overhaul the prison system in one year. "That is an area that obviously needs more money, but you have to prioritize and it's not easy," he said.

NO EXCUSES

The Justice Department's point man in Montgomery isn't taking excuses. "Action needs to be taken immediately," U.S. Attorney George Beck said.

"These problems have been festering for years and are well known to Alabama prison officials," Assistant Attorney General Jocelyn Samuels said. She said the Justice Department is expanding its investigation to include excessive use of force, inadequate medical care, and discriminatory

treatment based on race and sexual orientation.

The Justice Department has a 40-year history of pushing for better conditions in Alabama prisons and addressing wrongs. Most recently, it investigated the 2010 beating death of a male inmate and got convictions or guilty pleas from four prison employees for either participating in the beating or helping cover it up.

SOLE SOURCE

Tutwiler is Alabama's only prison for women. It has struggled with overcrowding and understaffing for years. In 2007, a federal report based on a survey of inmates rated Tutwiler Prison the worst women's prison in the country for sexual assaults.

The prison's white concrete front displays black letters showing that it's named for Julia Tutwiler, an outspoken advocate for educating women and improving conditions in jails and prisons. She also wrote the poem "Alabama" that became the lyrics for the official state song.

Tutwiler became known as the "Angel of the Stockade" for getting heat and better sanitation in jails and prison, securing state funding for night school programs in prisons, and getting the state to build a separate lockup for women inmates so that they would no longer be housed with men. She died in 1916, and Tutwiler Prison was completed in 1942.

Alabama's prison commissioner said he is cooperating with the Justice Department's investigation and has never downplayed the serious nature of the allegations. "I do not, however, agree that Tutwiler is operating in a deliberately indifferent or unconstitutional manner," Thomas said.

FURTHER INVESTIGATIONS

Tutwiler isn't the only Alabama prison that could face scrutiny. The Equal Justice Initiative has also complained about the physical and sexual abuse of inmates at three more prisons.

Speaker Hubbard and Senate President Pro Tem Del Marsh, R-Anniston, said legislative leaders have talked to a national organization, the Council of State Governments, about doing a review of Alabama's entire prison system, and they hope to have that underway soon. "We want to make sure our prisons are run correctly. We want to make sure the funding for our prisons is adequate," Marsh said.

Excerpted from an Associated Press article (by Phillip Rawls) in the January 27, 2014 issue of the *Ledger-Enquirer*, Columbus, Georgia, page B4.

Models for Change

Systems Reform in Juvenile Justice

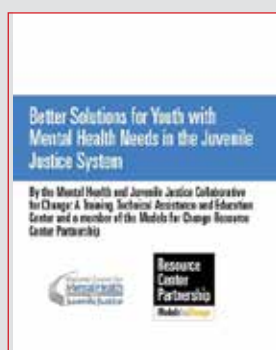


Go to:
modelsforchange.net/index/html
 for three publications that focus
 on models for reforming and
 improving the United States juvenile
 justice system.

Each year, more than two million youth become formally involved with the juvenile justice system. Of those, up to 70% have at least one diagnosable mental health need, and 20-25% have serious emotional issues. Of the more than two-thirds of youth involved with the juvenile justice system with mental health problems, most can be safely and more effectively treated in community settings.

This high-need population can be better served

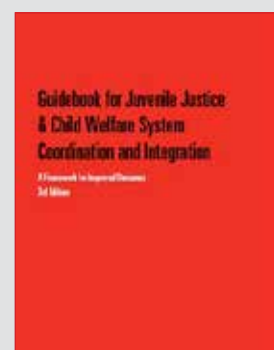
through planned and thoughtful programming, inter-agency collaboration, and sustained funding. Led by the National Center for Mental Health and Juvenile Justice at Policy Research Inc., the Collaborative for Change is a training, technical assistance, and education center designed to promote and support adoption of new resources, tools, and program models to help the field better respond to youth with mental health needs in the juvenile justice system.



**Better Solutions for Youth with
 Mental Health Needs in the
 Juvenile Justice System**
 January 22, 2014,
 Mental Health and Juvenile
 Justice Collaborative for
 Change



**Improving Diversion Policies and
 Programs for Justice-Involved
 Youth with Co-occurring Mental
 and Substance Use Disorders**
 December 31, 2013,
 National Center for Mental Health
 and Juvenile Justice at Policy
 Research Associates



**Guidebook for Juvenile
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 System Coordination and
 Integration: A Framework for
 Improved Outcomes,
 3rd Edition**
 December 13, 2013,
 Janet K. Wiig and John A.
 Tuell

Change: What Really Leads to Lasting Personal Transformation

Published 2014

Jeffrey A. Kottler



ISBN: 978-0-19-998138-0

Think of a time in your life when you overcame a significant, chronic, intractable problem that had challenged you for years, until somehow you managed to completely turn things around in such a way that the change has persisted to this day. How did this happen, and what was it that made the greatest difference?

Jeffrey Kottler has often explored this question—interviewing hundreds of people about their change experiences and synthesizing all the research around the globe—and he poses it in the opening pages of *Change: What Really Leads to Lasting Personal Transformation*. This fundamental query—why do we (or don't we) make conscious and lasting changes in our lives—has been at the center of his career as a therapist, social justice advocate, professor, scholar, and writer, and it offers a starting point for this book.

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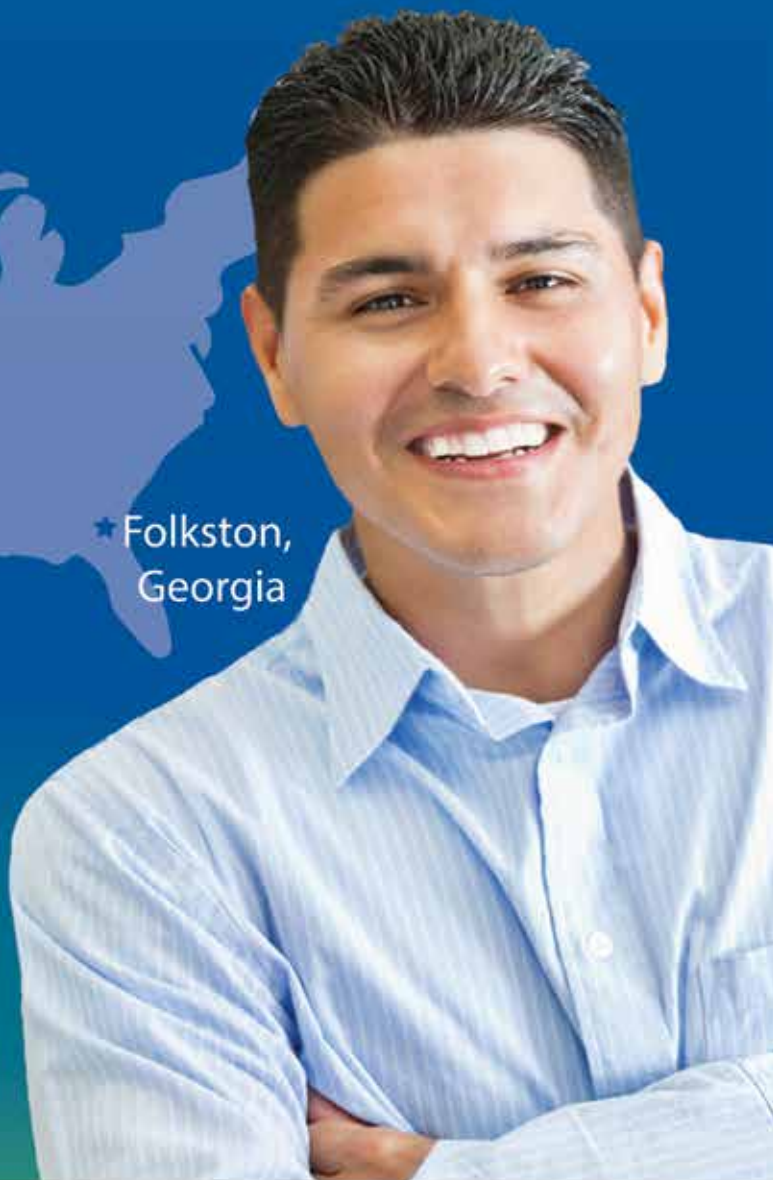
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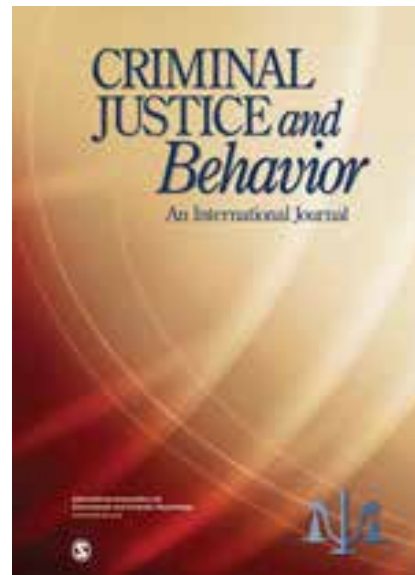
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