

# Cognitive-Behavioral Treatment: Recognizing Criminal Thinking Patterns

August 17, 2020

# Introductions

- About CJI at CRJ
  - The Crime and Justice Institute (CJI) at Community Resources for Justice (CRJ) works with local, state, and national criminal justice organizations to improve public safety and the delivery of justice throughout the country
  - CJI provides nonpartisan policy analysis and practice assessment, capacity- and sustainability-building technical assistance, research and program evaluation, and educational activities throughout the country

# Presenters

**Michael Kane** has more than 17 years of experience conducting research and providing technical assistance in criminal justice, with a focus on reentry. Mr. Kane was the project manager for the National Institute of Corrections' (NIC) Transition From Jail to Community Technical Assistance. He has provided technical assistance to grantees through implementing reentry programs through the Bureau of Justice Assistance's (BJA) Second Chance Act and Substance Abuse and Mental Health Services Administration (SAMHSA) funding.

Mr. Kane is the lead author of *Planning and Implementing a Reentry Program for Clients With Co-Occurring Disorders: A Toolkit*.



# Presenters

**Jen Christie** is the Senior Trainer and Policy Specialist at CJI. She has more than ten years of instructor experience and five years' experience developing and delivering criminal justice training. Jen's training work focuses on helping staff with behavior change and building capacity. She is the lead curriculum developer for NIC's Facilitating Behavior Change Curriculum, which focuses on teaching effective supervision strategies to community corrections staff.



# Overview

- The Principles of Effective Intervention (PEI)
- Cognitive-behavioral therapy (CBT) and criminal thinking
- Recognizing criminal thinking patterns

# The Principles of Effective Intervention (PEI)

# Principles of Effective Intervention

The foundation for what works in correctional rehabilitation is adherence to the Principles of Effective Intervention (PEI)

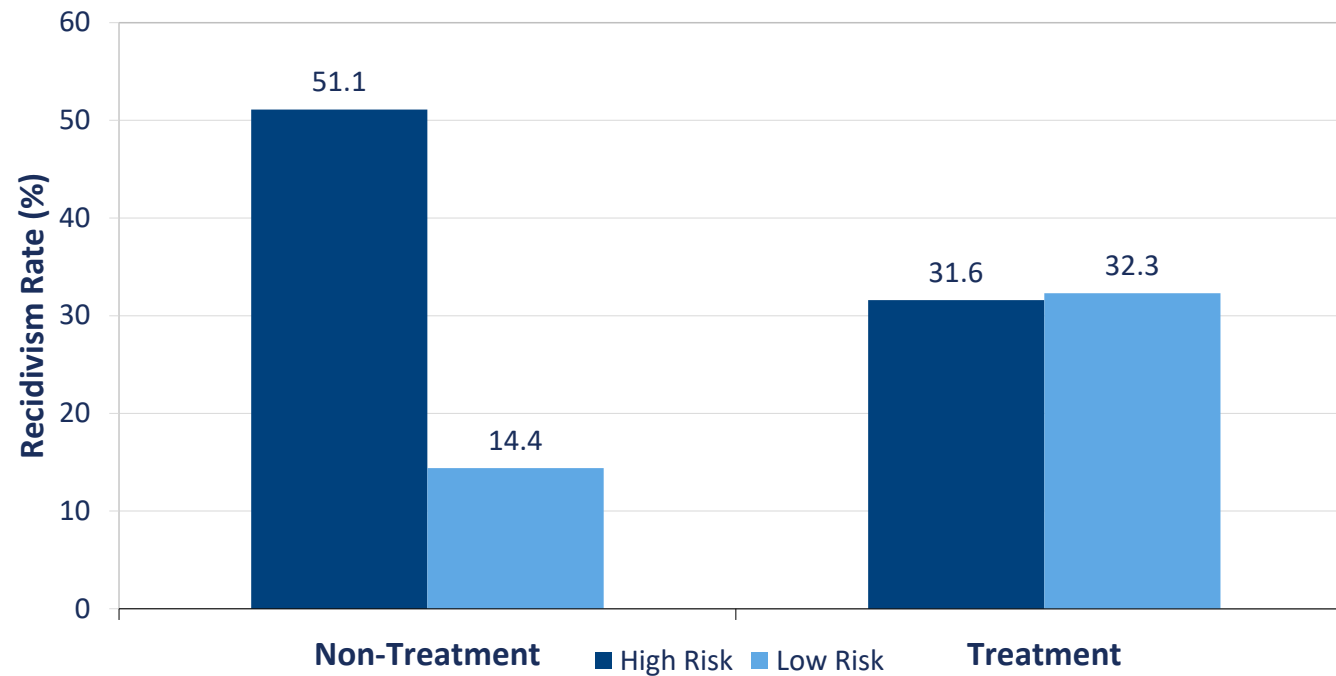
- Risk Principle – tells us **WHO** to target
- Need Principle – tells us **WHAT** to target
- Responsivity Principle – tells us **HOW** to effectively work with individuals
- Fidelity Principle – tells us how to do this work **RIGHT**

# Risk Principle

- The Risk Principle tells us *who* to target
- The Risk Principle says to target those individuals with a higher probability (higher risk) of recidivism



# Risk Principle



(Bonta et al., 2000)

# Need Principle

- The Need Principle tells us *what* to target
- Risk factor
  - Static
  - Dynamic
- Criminogenic needs

# Factors Correlated With Risk

<b>Risk Factor</b>	<b>Mean r</b>	<b># of Studies</b>
Lower class origins	0.06	97
Personal distress/psychopathology	0.08	226
Educational/vocational achievement	0.12	129
Parental/family factors	0.18	334
Temperament/misconduct/personality	0.21	621
Antisocial attitudes/associates	0.22	168

(Andrews and Bonta, 1994)

# Factors Correlated With Risk

<b>Risk Factor</b>	<b>Male</b>	<b>Female</b>
Lower class origins	.04(58)	.03(12)
Personal distress/psychopathology	.09(157)	.08(19)
Education/vocational achievement	.11(96)	.13(7)
Parental/family factors	.16(180)	.16(43)
Temperament/misconduct/personality	.18(461)	.23(38)
Antisocial attitudes/associates	.21(113)	.23(12)

(Simourd and Andrews, 1994)

# Need Principle

- “Big Four” criminogenic risk factors
  - Antisocial peers
  - Antisocial attitudes
  - Antisocial personality characteristics
  - History of antisocial behavior
- Other criminogenic risk factors
  - Substance abuse
  - Employment/education
  - Low family affection/poor communication/poor supervision
  - Leisure/recreation

# Responsivity Principle

- The Responsivity Principle tells us *how* to target
- Targeting responsivity factors will increase the likelihood for success

# General Responsivity

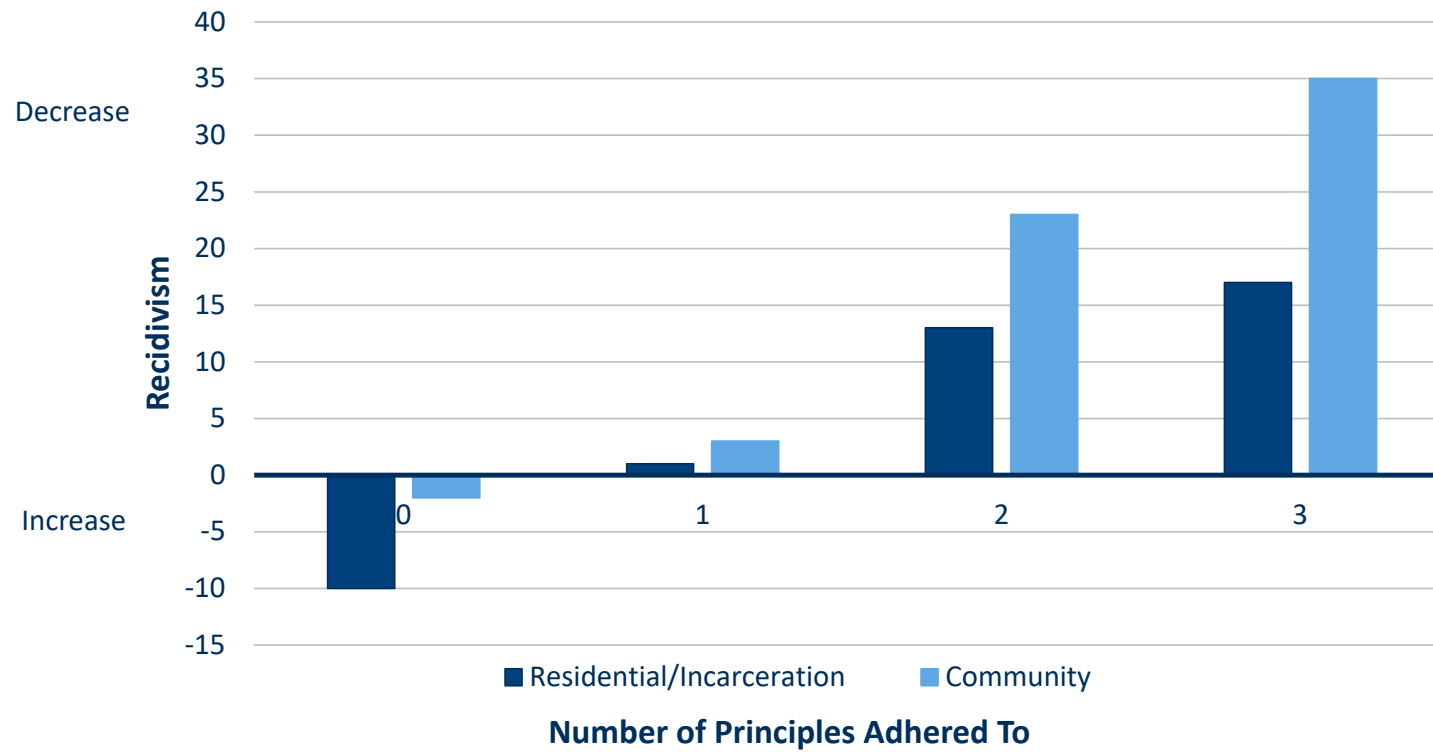
- **Social learning theory** and **cognitive-behavioral** approaches have been found to be the most effective with a wide variety of individuals

# Fidelity Principle

- The Fidelity Principle tells us how to do this work **right**
  - Adhering to the RNR principles



# Fidelity Principle



# Summary

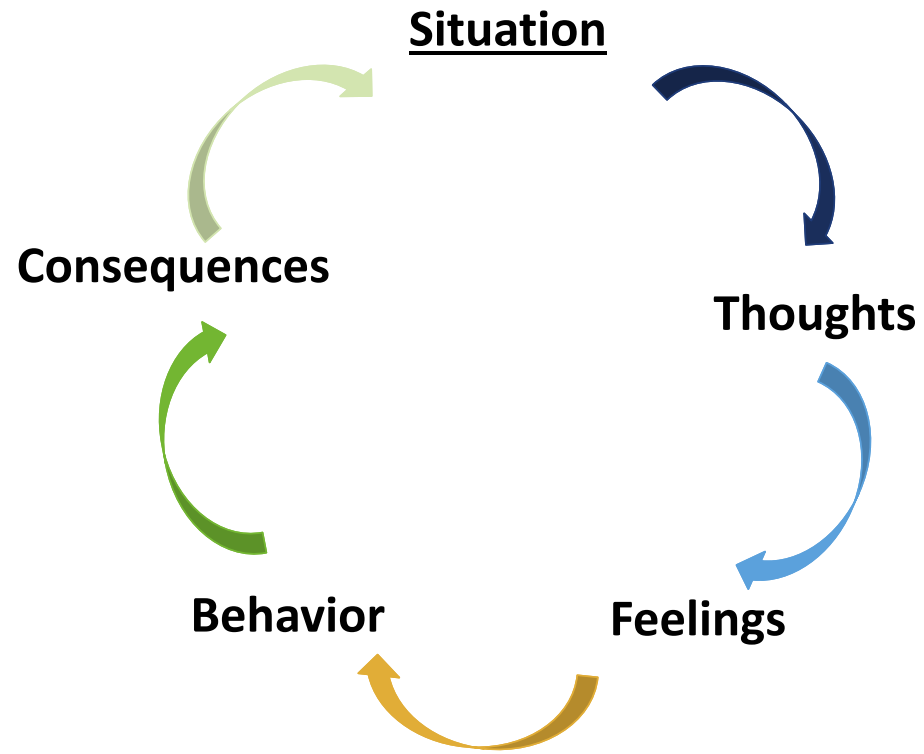
- The Fidelity Principle encourages staff to incorporate Risk, Need, and Responsivity Principles into everyday correctional practices

# Summary

- To be effective, programs should incorporate as many of the principles as possible
- The foundation for what works in rehabilitating individuals is adhering to the basic four Principles of Effective Intervention (PEI):
  - Risk Principle – tells us **WHO** to target
  - Need Principle – tells us **WHAT** to target
  - Responsivity Principle – tells us **HOW** to effectively work with individuals
  - Fidelity Principle – tells us how to do this work **RIGHT**

# Cognitive-Behavioral Therapy (CBT) and Criminal Thinking

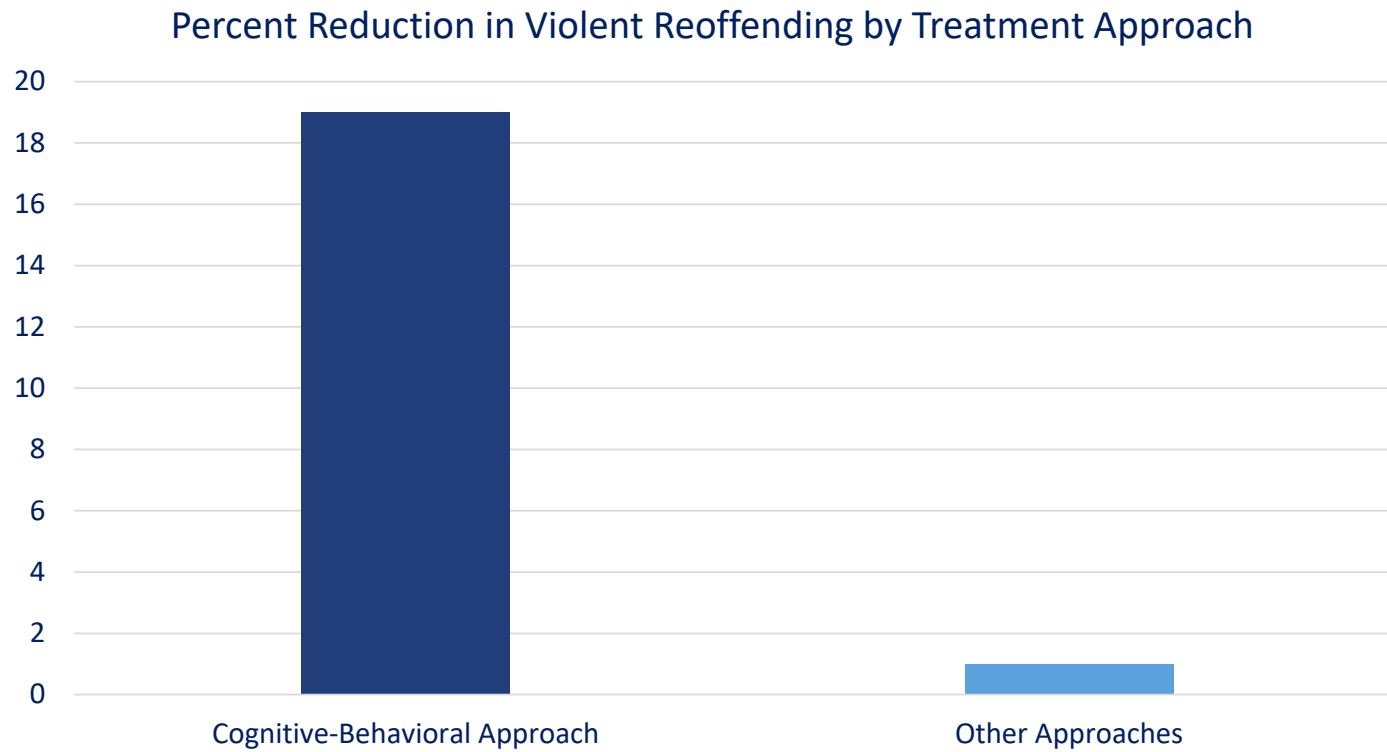
# Cognitive Behavioral Cycle



# Cognitive-Behavioral Therapy

- Cognitive-behavioral therapy (CBT) dates back to the 1960s
  - The approach identifies thoughts in order to change them
- CBT has been shown effective for many diagnoses, such as:
  - Depression
  - Anxiety
  - Panic disorder with and without agoraphobia
  - Social phobia
  - Obsessive-compulsive disorder
  - Post-traumatic stress disorder
  - Schizophrenia
  - Internalized childhood disorders
  - Sexual offending
  - Chronic pain (not headache)

# Effectiveness of CBT



# CBT and Criminal Thinking

- Many treatment programs for antisocial behavior today rely on CBT
  - Thinking for a Change
  - Aggression Replacement Training
  - Moral Reconciliation Therapy
  - Multi-Systemic Therapy
  - Functional Family Therapy
  - Decision Points
  - Moving On



# CBT, Criminal Thinking, and Substance Abuse

- This is a very new area of study
- Recent studies have shown that addressing antisocial behavior and substance abuse concurrently is more effective than addressing only one at a time
  - SA and domestic violence (Easton, Crane, and Mandel, 2018)
  - SA and aggressive youth (Stromeyer et al, 2020)

# Recognizing Criminal Thinking Patterns

# Criminal Thinking Patterns

- How we see the world
- Common antisocial thinking patterns
  - Justification, neutralizations, rationalizations, minimizations
  - Denying harm or denying that there was a victim
  - Appealing to higher loyalties
  - Negative expressions about the law, authority, and conventional rules

# Justifications/Rationalizations

I'm in pain, and this helps. Why shouldn't I use?

Life is hard. I'm going to enjoy it.

They left the car unlocked—what was I supposed to do?

This was free. I'm not going to turn down free!

You don't know what it's like to be me. My life is terrible, and I want to escape for a while.

# Justifications/Rationalizations

The big stores all have a loss prevention budget. They are just expecting theft. It's no big deal.

I'm a grown adult, and I'll do what I want.

Lots of people use drugs. Everyone I knew growing up used. They are fine, and so am I!

I just need more than I used to, but I still have things under control.

# Minimizations

I don't use nearly as much as I used to.

It's just painkillers. It's not like I'm doing heroin!

That guy wasn't even hurt that bad! I didn't kill anyone.

I just made one little mistake.

I can still do my job and all the things I need to do while I'm high.

I don't use nearly as much as Jim. He's the mess. Not me.

# Denying Harm

She liked it.

That building  
was empty  
anyway.

It's MY  
body.

No one got hurt.  
What's the  
problem?

My family doesn't  
suffer. I think they like  
it better when I'm  
high. I'm more fun!

Doctors prescribe this  
stuff. If it was so bad  
for me, they wouldn't  
prescribe it!

# Appealing to Higher Loyalties

I'm not going to rat out my friends.

This is what my family does when we get together.

My family is counting on me to keep my job. I can't do that if I'm in pain.



# Negative Expressions About the Law

The government shouldn't be regulating what I put in my body.

The judge knows my family. I was always going to get a harsh sentence.

The cops were just out to get me. I wasn't doing anything wrong.

Drugs are legal in other places. Our laws are just stupid.

# Negative Expressions Towards Conventional Rules

I don't care what society thinks.

It's MY body.

I follow my own rules.

I don't want to just live the same life as everyone else. I want to be free and do what I want.

# Questions or Comments?

- Contact information
  - Mike Kane, [mkane@cjinstitute.org](mailto:mkane@cjinstitute.org)
  - Jen Christie, [jchristie@cjinstitute.org](mailto:jchristie@cjinstitute.org)

# <https://cossapresources.org/Program/TTA>

The screenshot shows the website for the COSSAP TTA Program. The header is dark blue with the BJA's Comprehensive Opioid, Stimulant, and Substance Abuse Program logo on the left. Navigation links include COSSAP GRANT PROGRAM, LEARNING OPPORTUNITIES, AREAS OF FOCUS, PUBLICATIONS & DIGITAL MEDIA, and a PDMP TTAC button. A search bar is also present. The main content area is white with a yellow banner containing the title 'TRAINING AND TECHNICAL ASSISTANCE' and a 'REQUEST TTA' button. Below this, a grey box contains the text 'The COSSAP TTA Program supports communities by:' followed by a list of four bullet points.

BJA's **Comprehensive** Opioid, Stimulant, and Substance Abuse Program

COSSAP GRANT PROGRAM | LEARNING OPPORTUNITIES | AREAS OF FOCUS | PUBLICATIONS & DIGITAL MEDIA | PDMP TTAC

SEARCH

## TRAINING AND TECHNICAL ASSISTANCE

The COSSAP training and technical assistance program offers a variety of learning opportunities and assistance to support BJA COSSAP grantees and other local, tribal, and state stakeholders to build and sustain multidisciplinary criminal justice responses to illicit substance use and misuse.

Training and technical assistance is provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources.

[REQUEST TTA](#)

The COSSAP TTA Program supports communities by:

- Facilitating peer-to-peer learning opportunities in which communities can learn from experienced programs through virtual consultations and on-site visits.
- Providing speakers for conferences and workshops or skilled subject-matter experts for training events to educate stakeholders and build capacity.
- Facilitating strategic and cross-system planning to identify community resources, establish priorities, and develop a road map to achieving goals.
- Identifying materials such as policies and procedures, guidelines, and data sharing agreements that support program activities.
- Supporting PDMPs by increasing PDMP efficiencies and facilitating coordination between PDMPs and state and national stakeholders.