It’s His Life, Her Life, not My Life: The Good Lives Model in Community Corrections

Gwenda M. Willis PhD, PGDipClinPsyC
The University of Auckland
Aotearoa New Zealand

Agenda

• Preventing reoffending: What the research tells us (and doesn’t tell us)
• Fundamentals of the Good Lives Model (GLM)
• The GLM in community corrections: 3 steps
• My challenge to you

Preventing reoffending: ‘What works?’
• **Risk:** Match level of services to level of risk
• **Need:** Target dynamic risk factors/criminogenic needs
• **Responsivity:** Use empirically supported approaches; also *specific* responsivity

(Andrews & Bonta, 2010)

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**Dynamic risk factors (criminogenic needs)**

• Offense-supportive beliefs/attitudes
• Weak self control
• Problems regulating emotions
• Weak problem solving skills
• Antisocial peers
• Substance abuse
• Intimacy deficits
• Sexual self-regulation problems
• Deviant sexual interest/preference

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**Evaluating Program Effectiveness**

(Andrews & Bonta, 2010)
What else works to reduce reoffending?

- Better re-entry planning; achieving informal social control

(e.g., Dickson et al., 2013; Sampson & Laub, 1993; Willis & Grace, 2006, 2009)

What else works to reduce reoffending?

- Cognitive transformation (e.g., Maruna, 2001)

How do people change?

- Challenging “distorted cognitions”?
- Completing assignments?
- Following the manual?
- Or via a relationship experience where hope and possibility are renewed... or born.

What works?

Who works?
The Good Lives Model (GLM)

• Offending = pursuit of legitimate goals via inappropriate/harmful means

Primary Human Goods
(aka Common Life Goals, Yates & Prescott, 2011)

- Relationships
- Autonomy
- Peace of mind
- Pleasure
- Life: Living & Surviving
- Knowledge
- Mastery
- Community
- Spirituality
- Creativity

(Laws & Ward, 2011; Ward & Maruna, 2007; Yates et al., 2010)

“[our clients] want better lives, not simply the promise of less harmful ones”
(Ward, Mann, & Gannon, 2006)
Same good, different means: Peace of mind

Same good, different means: Life: Living & Surviving

Same good, different means: Autonomy

Same good, different means: Community
What’s your Good Life Plan?

Good Life Plan flaws leading to offending life problems:
1. Problematic means
2. Narrow scope
3. Conflict
4. Lack of capacity

Lack of Capacity (includes criminogenic needs)

- Internal
  - Poor self-regulation, mental health problems (incl. trauma), lack of knowledge/skills
- External
  - Lack of opportunities, resources, supports

The GLM in Community Corrections: 3 Steps

1. Tell me about you.
   - What are the most important things in your life? (can also explore past)
   - Identify underlying primary human goods/common life goals
   - Validate underlying primary human goods/common life goals
2. **Collaboratively explore new ways to achieve primary goods**

- Ensure: Non-harmful means
- Non-harmful means associated with environment client is living in
- Build capacity to achieve primary goods
- Anticipate and manage obstacles/threats
- Monitor & reward progress

3. **Support clients to pursue primary goods in prosocial ways**

**GLM Research**

- Support for constructs/assumptions
  - E.g., Barnett & Wood (2008); Chu, Koh, Zeng & Tech (2015); Willis & Grace (2008); Willis & Ward (2011); Yates, Simons, Kingston, & Tyler (2009)

- ‘Liked’ by clinicians and clients
  - Harkins, Flak, Beecro, and Woodhams (2012)
  - Willis, Ward, & Levenson (2014)

- Preliminary research suggests GLM can enhance treatment engagement
  - E.g., Simons, McCullar, & Tyler (2006); Gannon, King, Miles, Lockerbie, & Willis (2011)

**Your challenge**

- Do your clients need ‘treatment’ or ‘rehabilitation’?

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"Sex offender" "Offender"
“Thank you for understanding that we never set out, or chose to be, that person that we used to be. Thank you for treating us like normal people, and not like a 6 digit number printed on a card. We would like you to know that your attitude and enthusiasm with your delivery of the program created a learning environment that kept us coming back for more.”

Gratitude

Jill Levenson
Tony Ward
Pamela Yano

Final group session
Langi Kal Kal Prison (Australia) 2013

Gwenda M. Willis

g.willis@auckland.ac.nz

ASAP Research Group
University of Auckland
Aotearoa New Zealand