

The Good Lives Model Part 1: From Theory to Practice in Community Corrections

Gwenda M. Willis, Ph.D.
David S. Prescott, LICSW

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Acknowledgements



Tony Ward



Pamela Yates

Before we start...

- ◎ What's really important to you in your life?
 - > Write down whatever comes to your mind. You might write down one thing or many. For each:
 - What challenges are/could be associated with keeping this in your life?
 - How do you/might you manage such challenges?

We will revisit this exercise later. You will not be expected to share your responses.

Workshop Overview

- GLM approach & core principles
- Application of core principles
 - > in your life
 - > to case study
- Application in Community Corrections

GLM Approach

- Strengths-based, positive approach
- Collaborative, motivational approach
- Focuses on how treatment will benefit client / what client will gain from treatment
- Two goals:
 - > Reducing/managing risk
 - > Attaining fulfilling life, psychological well-being
- GLM integrated with RNR

GLM Approach

- Offending = pursuit of legitimate goals via inappropriate means
- Offenders, like all human beings, are goal-directed and predisposed to seek *primary human goods*
- Primary human goods = actions, experiences, circumstances, states of being, etc., that individuals seek to attain for their own sake

GLM Approach

- ◉ Secondary goods = concrete ways (means) to secure primary goods (also called instrumental goods)
- ◉ Dynamic risk factors = internal or external obstacles that block achieving primary goods in pro-social ways in addition to creating risk

Primary Human Goods

- ◉ GLM proposes 10 primary human goods
- ◉ Value or importance placed on various goods determines individual's conceptualization of a "good life" and good life plan (GLP)
- ◉ Primary goods related to offending by their presence or absence
- ◉ Assumption: Pro-social attainment of goods will help reduce or manage risk to re-offend (alongside targeting criminogenic needs)

Primary Human Goods and New Names (Yates & Prescott, 2011)

Primary Good	→	Common Life Goal
Life	→	Life: Living and Surviving
Knowledge	→	Knowledge: Learning and Knowing
Excellence in Work & Play	→	Being Good at Work & Play
Excellence in Agency	→	Personal Choice and Independence
Inner Peace	→	Peace of Mind
Friendship/Relatedness	→	Relationships and Friendships
Community	→	Community: Being Part of a Group
Spirituality	→	Spirituality: Having Meaning in Life
Happiness	→	Happiness
Creativity	→	Creativity

Primary Goods: Definitions

- Life: Living & Surviving
 - > Healthy living and functioning
 - > Basic needs
- Instrumental (secondary) goods:
 - > Acquiring income to meet basic needs
 - > Physical activity
 - > Healthy nutrition
 - > Health care
 - > Physical survival



Primary Goods: Definitions

- Knowledge: Learning & Knowing
 - > Desire for information and understanding about oneself and the world
- Instrumental (secondary) goods:
 - > Attending school, training, vocational courses
 - > Self-study, informal activities
 - > Attending treatment, self-help activity



Primary Goods: Definitions

- Being Good at Play / Being Good and Work
 - > Mastery in work / leisure
- Instrumental (secondary) goods:
 - > Participation in sport or other leisure activities; hobbies
 - > Participation in training, certification, apprenticeships
 - > Meaningful paid or voluntary work



Primary Goods: Definitions



- Personal Choice and Independence
 - > Desire for independence, autonomy, choice
- Instrumental (secondary) goods:
 - > Formulates and implements plans to achieve a specific end or objective
 - > Engages in activities to ensure self-sufficiency
 - > Asserts self and needs with others, communicates needs and desires to others
 - > Controls, dominates, abuses, or manipulates others in order to establish personal control

Primary Goods: Definitions

- Peace of Mind
 - > Emotion regulation, equilibrium
 - > Freedom from emotional turmoil and stress
- Instrumental (secondary) goods:
 - > Strategies, specific activities to minimize emotional distress/achieve equilibrium (e.g., exercise, meditation)
 - > Strategies to manage impulsivity
 - > Substance use or sexual activity to regulate mood/cope with emotional stimuli/events



Primary Goods: Definitions

- Relationships and Friendships
 - > Desire to establish bonds with others
 - > Intimate, romantic, family relationships
- Instrumental (secondary) goods:
 - > Engages in social or other activities that facilitate meeting new people and maintaining relationships
 - > Spends time with friends
 - > Gives and receives support (e.g., emotional, practical)
 - > Intimate relationships



Primary Goods: Definitions



- Community: Being Part of a Group
 - > Desire to be connected to similar social groups
- Instrumental (secondary) goods:
 - > Participates in community activities (e.g., social service groups, special interest groups)
 - > Participates in volunteer activities, groups
 - > Membership in groups sharing common interests, values, concerns
 - > Provides practical assistance to others in times of need (e.g., neighbours)

Primary Goods: Definitions

- Spirituality: Having Meaning in Life
 - > Desire for meaning and purpose in life
 - > Sense that is part of larger whole
- Instrumental (secondary) goods:
 - > Attends formal religious/spiritual events (e.g., church)
 - > Participates in activities such as meditation/prayer
 - > Involved in spiritual community/group
 - > Studies/reads spiritual materials



Primary Goods: Definitions

- Creativity
 - > Desire for novelty or innovation
- Instrumental (secondary) goods:
 - > Engages in new/novel experiences that has not attempted previously
 - > Engages in artistic, creative activities
 - > Desire/need for novel sexual practices



Primary Goods: Definitions

- Happiness
 - > State of being happy/content
 - > Pleasure in life
- Instrumental (secondary) goods:
 - > Activities that result in sense of satisfaction, contentment, fulfillment
 - > Activities that result in sense of pleasure (e.g., leisure activities, sports, sex)
 - > Activities intended to achieve sense of purpose, direction in life (e.g., work, friendships, family)



What are your prioritised primary human goods?

Case Example: Jim

Jim, is a 38-year-old man convicted for three counts of sexual touching. The victim was a 10-year-old boy who was Jim's neighbor whose family Jim knew very well. At the time of the offense, Jim was participating in sex offender maintenance treatment and, up to that time, had been doing very well. Jim had learned to accept his sexual attraction to males and to manage his risk and avoid boys. However, prior to the offence, Jim was rejected by a potential lover, was feeling lonely and depressed, and had not yet found a job following his conviction (he is trained and had worked as a personal homecare aide for 15 years). At the time of the offense, Jim was feeling worthless and disconnected from his family and friends. He had been very involved in his community and church, but because of residence restrictions, Jim could no longer participate in many of these activities. When he realised he was in a high risk situation with his neighbor, he ignored his sexual and other feelings and shut himself off in his house. Jim is shocked and depressed that he committed another sexual offense.

Jim's prioritized primary human goods

When Things Go Wrong: Good Life Plan Flaws

- ◉ GLM proposes that offending, life problems result from flaws implementing good life plan
- ◉ Four types of flaws:
 - > Means
 - > Lack of scope
 - > Conflict among goods/means
 - > Lack of capacity (internal and external)

Harmful/Problematic Means



Narrow Scope:
Putting all the eggs in one basket



Conflict: Pursuit of one good
interferes with pursuit of
another good



Lack of Capacity



Internal



External

What flaws have you experienced seeking primary goods?

What helps you overcome these flaws?

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Case Analysis: Jim

● **Primary Goods Important to Jim:**

- > Relationships & Friendships
- > Community: Being Part of a Group
- > Spirituality: Having Meaning in Life
- > Happiness
- > Peace of Mind
- > ? Being Good at Work

● **Flaws in Good Life Plan:**

● **Probable Dynamic Risk Factors:**

Application in Community Corrections

Integrated Good Life and Risk Management Plan (Yates et al., 2010)

- Includes all goods important to individual
 - > Sufficient scope
- Includes non-offending, practical ways to attain goods
 - > Consider environment in which client will be living
- Identifies threats/obstacles to goods attainment and strategies for managing
- Includes risk management plan

Jim's Supervision Plan (Traditional/RP)

- Limit activities to restrict access to potential victims
- Identify high risk situations/warning signs
- Develop plan to avoid/manage high risk situations/warning signs
-Etc

What might Jim's Integrated
Good Life/Risk Management
Plan look like?

Questions/Comments

g.willis@auckland.ac.nz
vtprescott@earthlink.net
