

Designing the Treatment Programs

Based on the understanding of criminal thinking outlined above,¹ day-long programs were designed to address the motivations presumed to be underlying each of the six criminal thinking factors; these day-long programs were presented in large-group treatment workshop format; and changes in factor scale scores from before to after treatment were examined to determine our success in modifying criminal thinking. Six separate treatment-of-criminal-thinking workshop programme plans (each one addressing a different criminal thinking factor) were developed, as follows:

1. **Guilt** was the target of the first workshop, and the attempt is to be made to reduce the amount of guilt feeling and guilt proneness -- on the assumption that this will have the effect of reducing guilt intolerance. Methods to be used² in each section of the day were:
 - 1) **Orientation to Guilt Feelings:** Guilt as a self-judgement after-the-fact when things could not have been different. All are perfect. Guilt unnecessary. Time in good vs. bad. Effort to reduce guilt feelings/proneness.
 - 2) **Reframing:** Negative format and guilt tripping. How do you make yourself

¹ In "Assessment and Large-Group Treatment of Criminality."

² In point of fact, it became necessary to change the content of the first workshop slightly during the workshop itself. In principle that is not good. However, it is sometimes necessary to respond to the needs of the group (in this case, many questions), to the actual flow of how we are doing, and to the sense we have of the therapeutics involved. So, since many "didn't get it" during the first Time-Line operation, we did a second Time-Line operation later (in place of the planned RIT).

Actual Programme Contents: I: Enjoying Criticism

- 1) **Orientation:** Pre-tests. Guilt as after-the-fact self-judgement when things could not have been different. All are perfect. Guilt is unnecessary. Purpose to reduce negative charge on events/criticism-susceptibility.
- 2) **Arousal and Time-Line:** e.g., driving vs. getting out when upset. Stay in it and face it down. Discover your Time-Line. Time-Line exercise re. criticism event.
- 3) **Squash and Relaxation:** Explanation of Squash. Exercises using Squash for Innocence, Bad-Good. Voluntary relaxation exercise.
- 4) **Combination:** Combination exercise: Sub-hypnotic relaxation exercise -- to Time Line over guilt event -- to rapid phobia exercise with guilt event -- to walk through guilt event -- to hand-externals for yes/no sides in acceptance of change -- to future pacing. Post-tests.

feel guilty? Semantics of guilt talk. Time-Line³ to a guilt-evoking event -- walk through it. Swish for a guilt-evoking image.

- 3) **Squash & Relaxation:** Squash for Guilt/Innocence, Bad/Good, Crime/Being Straight. Relaxation training.
- 4) **Desensitization:** Phobia Cure & more Time-Line for guilt-tripping, criticism, feeling guilty.

2. **Failure** was the target of the second workshop, and the attempt is made to reduce the amount of failure feeling and failure proneness -- on the assumption that this will have the effect of reducing failure intolerance. Methods for each section of the day were:

- 1) **Orientation to Failure Feelings:** Failure as a result of incorporation of others' judgements. You never failed except to meet others' inappropriate standards for you. Effort here is to reduce failure feelings/proneness. Reframing: Assumption of need to compete.
- 2) **How do you** make yourself feel like a failure? Semantics of failure talk. Time Line and situation -- walk through it.
- 3) **Phobia Cure:** for failure situations.
- 4) **Discussion:** of questions & more Orientation. Swish for failure situation.

3. **Distress** was the target of the third workshop, and the attempt is made to reduce the amount of felt distress (affect) and distress proneness -- on the assumption that this will reduce distress intolerance. Methods for each section of the day were:

- 1) **Orientation to Distress:** Stress/Anxiety Management orientation and physiological self-regulation methods.
- 2) **RET and Assertive Training:** as means to deal with felt distress/discomfort. Effort here to reduce distress.
- 3) **Time Line:** for a significant emotional experience. Rapid Phobia Method to deal with emotional experience.
- 4) **Relaxation & Desensitization:** Relaxation training, and start-up systematic desensitization (with and without eye tracking) for distress situations.

4. **Sensitivity** was the target of the fourth workshop, and the attempt is made to reduce empathy or sensitivity to others -- based on the assumption that this will reduce sensitivity intolerance. Methods for each section of the day were:

- 1) **Orientation to Empathic Sensitivity:** "Musterbation" (as Ellis would call it) and beliefs derived from attitudes and actions of adults. It is impossible to hurt another person emotionally by what you do. The error of anger.

³ Time-Line, Squash, Swish and Phobia Cure are all Neuro-Linguistic Programming procedures and may be found in James and Woodsmall (1987) and Andreas & Andreas (1989). Reframing, while not unique to NLP, may be found in Bandler & Grinder (1982).

Assertive training.

- 2) **Concept Formation & Reframing:** Abstraction training and how concepts/ ideas are formed. How do you make yourself feel you have hurt another person? Swish to neutralize sensitizing situations (hurt vs. no hurt).
- 3) **Time-Line & Resources:** Time-Line and walk through some situations of being told you hurt another, this time with brought back resources.
- 4) **Relaxation & Desensitization:** Relaxation and use of the “fast phobia” movie method for ‘you hurt me.’

5. **Obsessive Rumination** was the target of the fifth workshop, and the attempt is made to reduce introspection and worries -- on the assumption that this will reduce the associated closeness intolerance.⁴ Methods for each section of the day were:

- 1) **Orientation to Thought Pressure:** Introversion and verbal mediation of experience. How do you make yourself think and worry? Uncertainty intolerance. Anger inhibition. Self-restraint and rage. Assertive training.
- 2) **Activity & Zen:** The reciprocal inhibition of thought and action. Thought as anticipation (fear) or reminiscence (depression). Living in the present. Zen principles.
- 3) **Meditation & Thought Regulation:** All thought is useless. Meditation orientation and practice.
- 4) **Boredom & Enjoyment:** Habits of long intervals of concentration -- boredom. Short-interval timetabling. How to enjoy life and finding “good” things.

6. **Discipline** was the target of the sixth workshop, and the attempt is made to reduce (experienced) external discipline and increase freedom -- assuming that this will reduce discipline intolerance. Methods for each section of the day were:

- 1) **Orientation to Discipline:** Attitudes toward punishment as reward and as rejection. The evidence you were loved. Evidences of love. Purposes of discipline. How do you make yourself feel rebellious?
- 2) **Cognitive Therapy & RET:** Common mistakes of thinking. Correcting self-talk. Reframing others’ actions.
- 3) **Relaxation & Swish:** Relaxation training. Swish for restrictions-discipline/freedom images.
- 4) **Desensitization:** Desensitization for discipline events.

⁴ One previously-unmentioned aspect of this treatment programme involved the desire to utilize a variety of treatment methodologies. Targeting the obsessive rumination, instead of sensitivity to either closeness or rejection, allowed us to test a variety of cognitive methods which we had not previously deployed.