Desistance

Session 3

Working with individuals. Building up working alliance
Why is relationship important?
Why is relationship important?

Not only between PO and Probationer but between the person and his/her family, community, etc. – see Beth’s presentation

Here, only about working alliance:

• Rex (1999) – displaying interest and relationship are important in promoting desistance
• Asay and Lambert (1999) – meta-analytical review – success:
  – 40% client and extra-therapeutic factors (e.g. motivation, social support)
  – 30% therapeutic relationship
  – 15% expectancy and placebo effects
  – 15% specific methods
• Burnett and McNeill (2005) – The place of relationship ...
• Owers (2011) – ‘strong and meaningful’ relationship important for desistance
How do you develop a working alliance with a client?

Role play !!

10 min.
Important concepts

• **Involuntary client** (mandated client) – a client who is forced to participate in services by those around them or the court.

• **Motivational congruence** – the fit between the client’s motivation/intentions and the PO’s expectations.
Premises

• The lack of motivational congruence and the involuntary nature of the relationship – resistance – NORMAL !!!

• But, PO-Probationer relationship is a dynamic transaction:

  involuntary-semi voluntary-voluntary client
How to develop a good relationship in probation work? (Trotter, 1999 and Rooney, 2009)
Review all the available information

• Read the court decision
• Check if the person was previously under probation supervision
• Try to remember names and other personal information
• Try to anticipate special issues (e.g. anger, frustration, drug issues etc.)
Socialize for treatment

• Or role clarification
• Why are we here?
• Start with asking the client why is he/she here?
• Explain the dual role – care and control
• Explain the content of the sanction and the institutional expectations – explain briefly the consequences of breach.
• Explain the limits of the professional relationship
• Clarify the client expectations
• Explain casework and case management
Maximize choices

- Identify what is non-negotiable (e.g. the court obligations)
- Identify what is negotiable (e.g. the time of the meetings, the schedule of the community service, the nature of work provided etc.)
- Foster the perception of control over the change process
- Try to give the client the impression of self-control – at least illusion of control !!!
Clarify confidentiality

• Conditional confidentiality in the context of probation communication
• Explain who has access to the probation file
• Explain who and when other institutions have access to the file.
Clarify rights

- Explain briefly what are the rights of the client during supervision
- Describe the complaining procedure
- Explain when and how the client can ask for the PO to be replaced.
Empathy

• ‘filling the shoes of someone else’
• Understanding but also REFLECTING
• Reflect the cognitive and the feeling content
• Use also active listening: summarizing, paraphrasing and reflecting.

Note: not efficient unless used in combination with other changing behaviour technics !!!
Self-disclosure

- To help client disclose traumatic or intimate experiences relevant to the case.
- Difficult to use,
- Only in difficult situations,
- Don’t abuse it !!
Use of optimism

• Probation office need to believe in change: better results

• Client is optimist and self confident in his/her capacity to change. REMEMBER HOPE !!!!
Use of humor

• Use only seldom
• Only situational humor and not based on jokes
• Not focused on the client
• Humanizes and relaxes the relationship.
Role play and discussion !!!

- Bad examples
- Good examples

20 min.
Questions?!

Thanks !!!