

Criminal & Addictive Thinking Part I

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About the Presentation

Thinking errors in criminals continue to expand into almost all areas of their lives and they regularly fail to deter their distorted thinking which results in regular violence and harm of others. These thinking errors are similar for the addicted offender as well, leading to substance use and criminal activity. This webinar is an overview of the criminal and addictive thinking patterns and their similarities, tactics used by the addicted offender in an effort to mask their criminogenic needs, and "the lack of time perspective" which prevents them from learning from their experiences.

Learning Objectives

Participants will be able to:

- Identify how many patterns are identical between criminal and addictive thinking
- Define at least three criminal thinking patterns; and;
- Identify at least three characteristics of the "lack of time perspective" and why it's so important

Poll Question

**What is the most frequently
committed crime in the U.S.?**

- 1. Murder**
- 2. Larceny/Theft**
- 3. Drug Offense**
- 4. Burglary**
- 5. Battery**

Poll Question

**What is the most frequently
committed crime in the U.S.?**

1. Larceny/Theft

**In 2013, more than 7 million thefts
were reported in the U.S. according
to the FBI's crime report.**

Crime Theories

In sociology and criminology, **strain theory** states that social structures within society may pressure citizens to commit crime.

Crime Theories

Structural: this refers to the processes at the societal level which filter down and affect how the individual perceives his or her needs, i.e. if particular social structures are inherently inadequate or there is inadequate regulation, this may change the individual's perceptions as to means and opportunities.

E.g. Poor high crime neighborhoods

Crime Theories

Individual: this refers to the frictions and pains experienced by an individual as he or she looks for ways to satisfy his or her needs, i.e. if the goals of a society become significant to an individual, actually achieving them may become more important than the means adopted.

E.g. Looting and robbery

General Background of Criminal Thinking

Samuel Yochelson and Stanton Samenow are the originators of the Criminal Thinking approach to change.

- Samuel Yochelson began his exploration into the criminal mind in 1961 at Saint Elizabeth's Hospital in Washington, D.C.
- Joined in 1970 by Stanton E. Samenow a recent graduate student lured into the world of research by Yochelson
- This sixteen year research study would prove to be the longest, in-depth clinical research-treatment study of offenders that has been conducted in North America

General Background of Criminal Thinking

The Result: The Criminal Personality Theory and publication of three books;

- Criminal Personality – A Profile for Change (1971)
- The Criminal Personality: The Change Process (1977)
- The Criminal Personality: The Drug User (1986)

After the death of his partner and mentor, Samenow entered private practice in 1978, continuing to evaluate and treat adult and juvenile offenders. Samenow continued to build upon and revise the Criminal Personality Theory, releasing several more books in the next three decades.

General Background of Criminal Thinking

- During the 1960's, strain theory dominated the world of criminology with researchers and scientists attributing crime to an individual's environment and their reaction to said environment.
- 16 years of research, Samuel Yochelson & Stanton Samenow concluded it is not sociological variables that cause an individual to become a criminal – rather it is the result of faulty thinking patterns.
- The Criminal Personality Theory birthed a program designed to alter thinking errors of criminals.

General Background of Criminal Thinking

Goals of the program

1. Understand the personality makeup of the criminal;
2. To establish techniques that could be utilized to alter personality disorders which produce crime;
3. To encourage an understanding of legal responsibility; and,
4. To establish techniques that could be effective in preventing criminal behavior.

General Background of Criminal Thinking

Things common to all criminals:

- The criminal is very fearful;
- The criminal must cut off both internal and external deterrents in order to commit crime;
- The criminal is a predator who pursues power and control;
- The criminal demands to be identified as the **“unique number one person”** in all that he does, having never learned to fully function independent of others;

General Background of Criminal Thinking

Things common to all criminals:

- The criminal feels **“put down”** and becomes angry when he does not get his own way, making him more relentless in pursuit of his goals using stealth or force to accomplish them; and,
- Except in the planning of a crime, the criminal **“fails to think long range”**
- Same thinking errors in both drug-using and non-drug using criminals alike

General Background of Criminal Thinking

- Cognitive Behavioral Programs centered around criminal and addictive thinking
- Assessment tools developed to determine risk
- Widely used with justice involved addicts
- Better outcomes when used with this population
- Changed the focus of treatment for this population

WHY?

General Background of Criminal Thinking

- **Producing or tending to produce crime or criminality:**

- **Criminogenic factors**
 - Drug Use
 - Family Problems
 - Employment/Education
 - Affective Disorders

All should be targeted for interventions as needed.

WHAT IS THE SOLUTION?



Preventing Future Crime With Cognitive Behavioral Therapy

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www.ncjrs.gov

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Cognitive Behavioral Therapy (CBT)

- **Cognitive behavioral therapy is a treatment that focuses on patterns of thinking and the beliefs, attitudes and values that underlie thinking.**

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Cognitive Behavioral Therapy (CBT)

- **Cognitive behavioral therapy reduces recidivism in both juveniles and adults.**
- **The therapy assumes that most people can become conscious of their own thoughts and behaviors and then make positive changes to them.**
- **A person's thoughts are often the result of experience, and behavior is often influenced and prompted by these thoughts.**

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Cognitive Behavioral Therapy (CBT) continued

- **In addition, thoughts may sometimes become distorted and fail to reflect reality accurately.**
- **Cognitive behavioral therapy has been found to be effective with juvenile and adult offenders; substance abusing and violent offenders; and probationers, prisoners and parolees**

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Where is CBT used?

- **It is effective in various criminal justice settings, both in institutions and in the community, and addresses a host of problems associated with criminal behavior.**

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At it's Core

- **In most cognitive behavioral therapy programs, offenders improve their social skills, means-ends problem solving, critical reasoning, moral reasoning, cognitive style, self-control, impulse management and self-efficacy.**

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So what's so great about CBT?

- **Unlike other approaches to psychotherapy, CBT places responsibility in the hands of clients while supplying them with the tools to solve their problems, focusing on the present rather than the past.**

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The Hazelden Foundation

- A New Direction (AND), Hazelden
- Criminal and Addictive Thinking manuals
- Being used in RSAT programs in NC
- Idaho Department of Corrections
- Van Buren County and Cass County Health Department

Resources

- **National Institute of Corrections**
 - <http://nicic.gov/>
 - Thinking for a Change (T4C)
- **Criminal Thinking Therapy**
 - <http://www.criminalthinking.net>
 - Brian Loebig
- **Hazelden Publishing**
 - <https://www.hazelden.org/>

Next Month

- **Criminal and Addictive Thinking**
- **Thinking Errors**
- **Tactics**
- **Interventions**

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