

# Counseling Mandated Clients

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# Objective

- Discuss/review the critical nature of mental health professionals in a correctional environment
- Review the strengths and weaknesses of treatment concerns while counseling mandated clients
- Bring awareness to the need for correctional counseling



# The Need for Correctional Counseling

- According to the International Centre for Prison Studies, the U.S. incarcerates more of its citizens per capita than any other country.
- Louisiana leads the nation, incarcerating 1,138 per 100,000 (citizens).
- According to the Louisiana Department of Corrections & Public Safety (2014), LA releases approximately 15,000 offenders each year.

# Brief History of Correctional Counseling

- **Stage 1 = 1870s to 1945**. Established by reform minded people such as probation & parole officers, teachers, clergy, etc; however, it was “trial and error” with no concrete method for treating incarcerated individuals.
- **Stage 2 = 1945 to Mid 1970s**. The rehabilitative ideal came after World War II and was viewed as the penal systems ideology until the mid 1970s. During this period the possibility of rehabilitation was questioned.
- **Stage 3 = Mid 1970s to Present**. A “hard line” approach is used in correctional programs and treatment.

# Meaning of Correctional Counseling

- As with any other client or agency, counseling is used to improve well-being, alleviate distress and maladjustment, and resolve conflict (Sun, 2008).
- Involuntary clients within state and federal prison, jails, juvenile residential facilities, and community corrections.

# Definitions

- Prisons – state and federal correctional institutions.
- Jail – detention facility managed by parish/county sheriff or police department. Usually individuals who have committed minor crimes (short sentences), awaiting trial, transfer.
- Juvenile residential facilities – forced confinement for youth.
- Community Corrections:
  - a. Probationers (serves their sentence in the community).

# Definitions (continued)

- b. Ex-Offenders/prisoners (served their time and have reentered into the community).
- c. Parolee (sentence of imprisonment is reduced and remainder of time is served in community).

Note: For counselors not working in a correctional facility, most mandated clients fall within the Community Corrections category. Many seeking services because they have been ordered to do so.



# Goals

1. Reduce recidivism (chances an offender will return to jail/prison) Goal is to eliminate or reduce chances by targeting criminogenic characteristics.

Note: Using recidivism rates to determine if correctional counseling is effective may not be accurate as there are many factors that influence behavior.


2. Assist with moving client to a willingness to change.



# Criminological Theories

– Cultural Deviance Theories consist of 3 models:

1. Social Disorganization Theory
2. Differential Association Theory
3. Cultural Conflict Theory



# Psychological Models

(in correctional counseling)

- Behavioral Therapy
- Cognitive Therapy
- Positive Psychology
- Social Learning Theory
- Art Therapy



# Counseling Process & Challenges

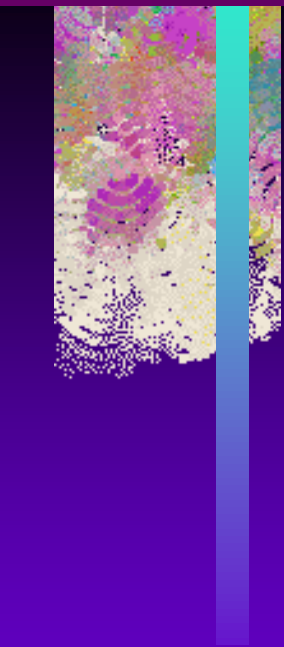
For the non-offender/non-mandated population, the counseling process is three phases:

1. Assessment
2. Interventions
3. Termination/follow-up



# Counseling Process & Challenges (cont.)

But .....

- Mandated (involuntary) clients may initially come with negative or hostile feelings.
  - Frequently, there are new issues in the client's dysfunctions.
  - Termination may not take place in the traditional sense.
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# Counseling Process & Challenges (cont.)

## Assessment Challenges

- Counselors belief about the population
- Misinterpretation of clients behavior (e.g. silence, anger, lack of cooperation)
- Counselors training & preparation

# Counseling Process & Challenges (cont.)

## Interventions

- Setting realistic goals (in accordance with cognitive capacity)
- Helping clients discern and express feelings
- The use of Motivational Interviewing (MI)
- Therapeutic relationship

# Ethical Dilemmas

- Often times mental health does not coincide with law enforcement or corrections

Shu (2008) suggest that the following steps be taken to reach possible solutions:

- Identify dilemma and options
- Identify consequences of those options
- Review ethical guidelines
- Decide best course of action



# Summary

- Questions/Answers
- Conclusion



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