Rehabilitation Program

Name

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Author Note

Rehabilitation Program

Cognitive-behavioral therapies and rehabilitation programs are suggested for adults and juvenile offenders through evidence-based processes. The renowned and earliest cognitive behavioral therapy developed for adults and juvenile criminals was based on the reasoning and rehabilitation programs, by Ross, Fabiano, and Ross, 1986. The programs were specifically designed for adults and juvenile offenders that facilitate cognitive skills teaching and development of adults through learning against antisocial behaviors. Educating adults and juvenile offenders through problem-solving behaviors can significantly reduce recidivism. Significant elements that should be a part of a rehabilitation program to effectively attain its goals and objectives include effective and evidence-based processes (Reale, McCuish, & Corrado, 2019). A comprehensive and result-oriented rehabilitation program should have meta-cognition, social skills, self-control, interpersonal problem-solving attitude, creative thinking, social perspective-taking, and value enhancement to effectively reduce recidivism (Reale, McCuish, & Corrado, 2019). An effective program must start as early as possible to develop cognitive thinking of adults.

# Elements of Successful Correctional Rehabilitation Program

## Concrete and Creative Thinking

A good program of rehabilitation must have the strength to develop concrete and critical thinking among participants and should reduce the egocentric nature of the adults (Reale, McCuish, & Corrado, 2019). It has been observed that offenders usually have a sense of egocentricity, therefore, it is essentially important to reduce this aspect through rehabilitation procedures.

## Result-Oriented Interventions

Interventions applied should be evidence-based to effectively deliver services to adults. A sustainable and result-oriented program depends on the factor that intervention is prepared according to the needs of the adults and juvenile offenders (Reale, McCuish, & Corrado, 2019). These programs should be able to develop impulse control and aggressiveness from participants. The program should be result-oriented and observed through pilot studies after implicating on a few people to get it evaluated before applying to the population.

## Cognitive-Behavioral Approach

The program based on cognitive-behavioral strategy will develop antisocial issue-ridden adults. Through this approach, the program will enable persons to develop a problem-solving attitude, egocentric control, and social interaction would be enhanced (Raphael & Ludwig, 2003). Certain characteristics of offenders such as negative thoughts and imaging situations according to their perspective in a conservative approach can be changed through cognitive-behavioral approaches. Utilizing cognitive-behavioral approaches, recidivism, and re-offending behavior can be significantly reduced among adults.

## Social Skills

Utilizing the significance theory approach, for example helping adults and juvenile offenders of giving importance to others so that they can improve their social life (Latessa, 2003). Helping and compassionate behavior would enable them to learn social interactions and ultimately their offensive nature would be modified (Priestley & Vanstone, 2010). This approach would utilize Goldstein’s program described by Goldstein, Sprafkin, Gershaw, and Klein in 1980. Improving skills of social interactions can essentially help adults to modify re-offending nature (Reale, McCuish, & Corrado, 2019).

## Correctional Philosophy and Rehabilitation

It has been observed that rehabilitation and correctional interventions can significantly improve the psychological-emotional health of juvenile and adult offenders (Reale, McCuish, & Corrado, 2019). Behavioral interventions are considered as the best-utilized approaches to reduce criminal conduct among adults and juveniles after release.

## Socio-Demographic Characteristics

Certain challenges still exist among communities that are considered as not preventable through rehabilitation programs (Jaitman & Guerrero Compeán, 2015). Understanding the social and demographic background of criminals can be helpful in undersetting and developing client-oriented approaches to effectively reduce offending behaviors (Antonowicz & Ross, 1994). Changes such as low socio-economic and poverty-related factors can be significantly improved through rehabilitation programs (Reale, McCuish, & Corrado, 2019). Racial and gender discrimination can also be reduced through awareness and education of individuals. Re-offending behaviors are significantly associated with socio-demographic features such as releasing adults in the same environment will convince them to redevelop recidivism.

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