

Interventions



Summer School Barcelona
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Principles of effective practice with violent extremists (CoE Guidelines, 2016)

- Respect for human rights and fundamental freedoms
- Respect for data protection and privacy:
 - any supervision should be proportionate,
 - information exchange should be based on clear procedures,
 - appropriate autonomy and independence of rehabilitation.
- Imprisonment as the last resort – youth
- Good prison management
 - Respect diversity, tolerance and human dignity
 - Avoid violence, racism or islamophobia, discrimination
 - Consult with prisoners
 - Staff with intercultural and multi-faith awareness
 - Develop education and rehabilitation activities
 - Adequate resources
- Good assessment
 - Multi-disciplinary teams
 - Accurate tools used regularly
- Inter-agency co-operation
 - Within justice, security but also inclusion agencies
- Special programs
 - Mentoring, former violent extremists
 - Involvement of religious representatives, volunteers, pers, family members
- Post-release work
 - Links with community organizations
 - Case-by-case – family and networks
 - EM together with other professional interventions

These principles should complement the principles detailed in:

- European Prison Rules (Recommendation [Rec\(2006\)2](#) of the Committee of Ministers),
- Council of Europe Probation Rules (Recommendation [CM/Rec\(2010\)1](#) of the Committee of Ministers),
- European Rules for juvenile offenders subject to sanctions or measures (Recommendation [CM/Rec\(2008\)11](#)),
- Recommendation [CM/Rec\(2012\)12](#) of the Committee of Ministers concerning foreign prisoners,
- Recommendation [CM/Rec\(2014\)3](#) of the Committee of Ministers concerning dangerous offenders and Recommendation [CM/Rec\(2014\)4](#) of the Committee of Ministers on electronic monitoring.

Other principles

- Dean (2016):
 - Risk
 - Depending on their level of identification and engagement
 - Needs
 - Same but also different needs (e.g. no skill deficit)
 - Responsivity
 - Cognitive-behavioral – focus on cognitive dissonance
 - Special responsivity – individual
 - Good organizations
 - Creates a sense of safety and security
 - Allocate resources – staff and time
 - Good staff
 - The quality of relationship
 - Help cover those needs in other ways (e.g. belonging, identity, grief etc.)
 - Help establish other identity commitments and facilitate opportunities
 - Empower people to access new opportunities

Violent Extremism: Differences from Ordinary Violent Offenders (from Pressman, 2016)

- **ACTION FOR GLORIFICATION- NOT PERSONAL GAIN+ MIXED MOTIVES**
- **SELECTIVE EMPATHY , NOT ABSENCE OF EMPATHY**
- **EDUCATION OR EMPLOYMENT FAILURE NOT NOTABLE**
- **CHILDREARING- ABUSE NOT USUALLY RELEVANT**
- **STABLE FAMILY FREQUEN**
- **LESS MENTAL ILLNESS**
- **PSYCHOPATHY NOT TYPICAL**
- **IMPUSLE CONTROL PROBLEMS MINIMAL**
- **ATTITUDES IDEOLOGICAL, MORALISTIC**
- **STRATEGIC LYING; NOT PATHOLOGICAL LYING**
- **PURPOSEFUL, PLANNED- NOT IMPULSIVE**
- **ACCEPTS RESPONSIBILITY**

Intervention programs

- Different in different places
- Most of them are One-to-One
- Some focus on disengagement mainly – Entre
- Some focus also on deradicalisation (ideology)- HII

Back on Track (BoT)

- Created by the Prison and Probation Service in Denmark - 2012
- Inspired by the gang exit program
- Based on a mentoring scheme
- Targeting – inmates, probationers and vulnerable prisoners to radicalization
- Aim of the program – to help each inmate to better handle everyday situations, problems and conflicts.
- The role of the mentors – to support inmates and motivate them to pursue a positive change

BoT - Mentors

- Selected in two steps – telephone and psychological tests and interview
- Different background
- Trained for one year – 10 mentors
 - Communication and relationship skills
 - Use of personal reflection and personal experience
 - Motivational interviewing
 - Technical knowledge about radicalization and terrorism
 - A training manual
- Supported and monitored constantly by the PP Service

BoT – Mentees

- Referred by the security staff
- Self-selection – motivation for change?

BoT - Process

- After matching with a mentor
- Work together on preparing for release- work on the challenges
- Mentoring agreements – revised every three months
- Involve families and networks on a casa by case bases – only if positive resources
- Cooperation with other institutions – Advisory Group (including the Intelligence Service!!!)

BoT – Evaluation

- Small numbers
- Mentees in general satisfied
- Most mentoring agreements were implemented

Entre

The Entré programme

Theory manual

2016

- Developed by Swedish Prison and Probation Service
- One to one
- Cognitive behavioral program and problem solving designed to help VEO to leave terrorist networks
- Does not challenge the radicalised views but the use of violence and other criminal acts
- The client is his personal expert – targeting high risk offenders
- The role of the therapist is to show how the client's thoughts and behaviors have resulted in problems
- Also to provide perspectives and alternatives for a constructive life.

Entre – Structure

- Based on themes and treatment strategies
- Based on RNR
- Flexible format and administration – depending on the client's needs, risks and conditions.
- Assessment, Case Formulation, Treatment and Maintenance
- 50 sessions, twice per week, 60-90 minutes each.
- Five themes:
 - History of aggression – functional analysis
 - Interpersonal relations and associates
 - Attitudes and values
 - Identity and self-image
 - Problem solving

Table 2: General description of the three phases in Entré.

Phase	Aim	Goals	Central component
<p>Phase 1 – assessment</p>	<ul style="list-style-type: none"> • Establish rapport • Strengthen/maintaining client's engagement in treatment • Set rules and restrictions for treatment • Increase the client's personal and sanctional circumstances to complete the programme • Assessment • Hypotheses of learning history and maintenance of antisocial behaviours, and how these should be addressed in treatment • Goal formulation • Treatment planning 	<ul style="list-style-type: none"> • The client is interested, hopeful and engaged in treatment • A cooperative working alliance is established • Goals, opportunities and barriers are identified • A goal directed, guiding, theoretically sound, client specific & applicable case formulation and treatment plan have been written and discussed with the client • The client's personal and social circumstances are judged to be stable enough for continued treatment • Treatment can be administered under necessary safety conditions of the sanction 	<ul style="list-style-type: none"> • Introduction and description of the programme • Increase client's compliance and conditions for programme completion • Detailed assessment – inventoring opportunities and barriers, investigation of involvement in organised crime and/or violent crime, functional analyses • Case formulation and treatment planning
<p>Phase 2 – interventions</p> <p>Work on themes</p>	<ul style="list-style-type: none"> • Support the client in solving real, actual and important problems that makes it difficult to disengage from organised crime • Training in goal formulation • Social problem solving training • Self control and anger management training • Cognitive restructuring 	<ul style="list-style-type: none"> • Real, actual and important problems associated with disengagement have been solved • Priority themes are judged as thoroughly addressed and goals for themes have been reached • The client have positive and rewarding experiences of alternative behaviours 	<ul style="list-style-type: none"> • Investigation of and addressing themes • Application of suitable general and specific treatment strategies
<p>Phase 3 – maintenance</p> <p>Relapse prevention & maintenance plan</p>	<ul style="list-style-type: none"> • Increase conditions necessary for maintenance of behavioural changes by structured relapse prevention • Set up a maintenance plan for the future 	<ul style="list-style-type: none"> • The goals of treatment have been achieved • The client's awareness of his/her own recidivism process are increased • Plans for relapse prevention and maintenance have been written 	<ul style="list-style-type: none"> • Structured relapse prevention • Maintenance plan for the future • Evaluation and termination

Healthy Identity Interventions (HII)

- Developed by NOMS – UK since 2008.
- In place since 2012 (after piloting, evaluation etc.)
- Based on casework, literature review and what works

HII – Introduction

- Aims at encouraging and empowering people to disengage from an extremist group, cause or ideology.
- Challenges motivations, attitudes, values that support violent extremism
- Identity is the core concept of the program – people identify strongly with relationships, groups and values.
- Aim to help people step away from from things they identify with
- Delivered in one-to-one setting or two facilitators
- Flexible format depending on assessment – ERG 22+
- Approaches: what works, pro-social modeling, emotional management, identity development and mindfulness.
- Concrete aim:
 - For those strongly identifying and engaged - simply question their continuation
 - For those who begun to have doubts – to separate
 - For those already disengaged – consolidate their new commitments

HII – Modules and Sessions

- Engagement and Insight Sessions
 - Explore needs, beliefs, values
 - Identify what is important in their lives
- Foundation Sessions
 - Understand how they become what they are today
 - Explore why they become interested and involved in the cause/ideology/group
- Mindfulness Sessions
 - Teach participants how to manage thoughts and feelings that impair their daily lives
- Personal Identity Sessions
 - Re-examine their commitments they have made in life and how these commitments could be followed without offending.
- Group Involvement and Conflict Sessions
 - Explore costs and benefits of their involvement with offending
 - Explore what changes they can make to avoid offending
- Self-Image Sessions
 - Explore how they can preserve the desired self / identity without offending
- Seeking Change Sessions
 - Explore ways to pursue their legitimate goals without offending
- Moving on Sessions
 - Making plans on how they can move on with their lives without committing crimes, including developing new skills, taking other opportunities, create other relationships and so on.

HII- Evaluation

- Only by practitioners and participants
- Positive feedback

Other interventions

At least 18 programs in Europe (Mehra, 2016)

- CoSa – in The Netherlands
- Al-Furqan – UK – distinguish between truth and falsehood
- RIVE – in France – evidence based, developed for APCARS

Case study

- One case
- 30 minutes work in three small groups
- Each group will design an intervention based on one program that we studied:

Questions:

- How an intervention based on this program would look like?
- What are the advantages and disadvantages of the program you tried to implement?

Feedback – 5 minutes each group