

100%



# Positive Psychotherapy in counseling of prisoners

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# **Prison Ministry of the Salvation Army:**

- a) performed as regular letter writing & visits of the ministry's team to prisons (nowadays rarely);**
- b) aimed to ease the spiritual & psychological state of prisoners;**
- c) involves spiritual/psychological (sometimes material) support;**
- d) providing the ex-prisoners (if necessary) with primary assistance in jobhunting, rehabilitation & adaptation in society.**

## Typical requests of prisoners:

- **Lack of meaning of life;**
- **Fear of the future;**
- **Feeling of loneliness & uselessness;**
- **Inability to control one's emotions;**
- **Reactions, disproportional to situations;**
- **Low self-esteem;**
- **Insults, inability, indisposition to forgive another person;**
- **Negative image of self;**
- **Communicational difficulties.**

## Why positive psychotherapy?

**PPT is a resource-oriented method, aimed to searching of necessary resources as well within the personality, as in one's exterior surrounding.**

**Inventory of PPT also allows working & using some of its instruments in a format of letter writing.**

**N.B.**

**These all can be successfully combined with some of metaphorical cards, recently included in distant counseling.**

# Possible ways of work:



- **Questionnaire (WIPPF);**
- **Self-observation diary;**
- **Analysis & control of emotions;**
- **Alternative reactions' training;**
- **Work with insults & forgiveness;**
- **Building positive image of self;**
- **Search for resources;**
- **Reduction of psychological defense;**
- **Using stories & metaphors;**
- **Work with the Balance Model**
- **Some techniques with metaphorical cards.**

## **Difficulties & limitations of distant counseling:**

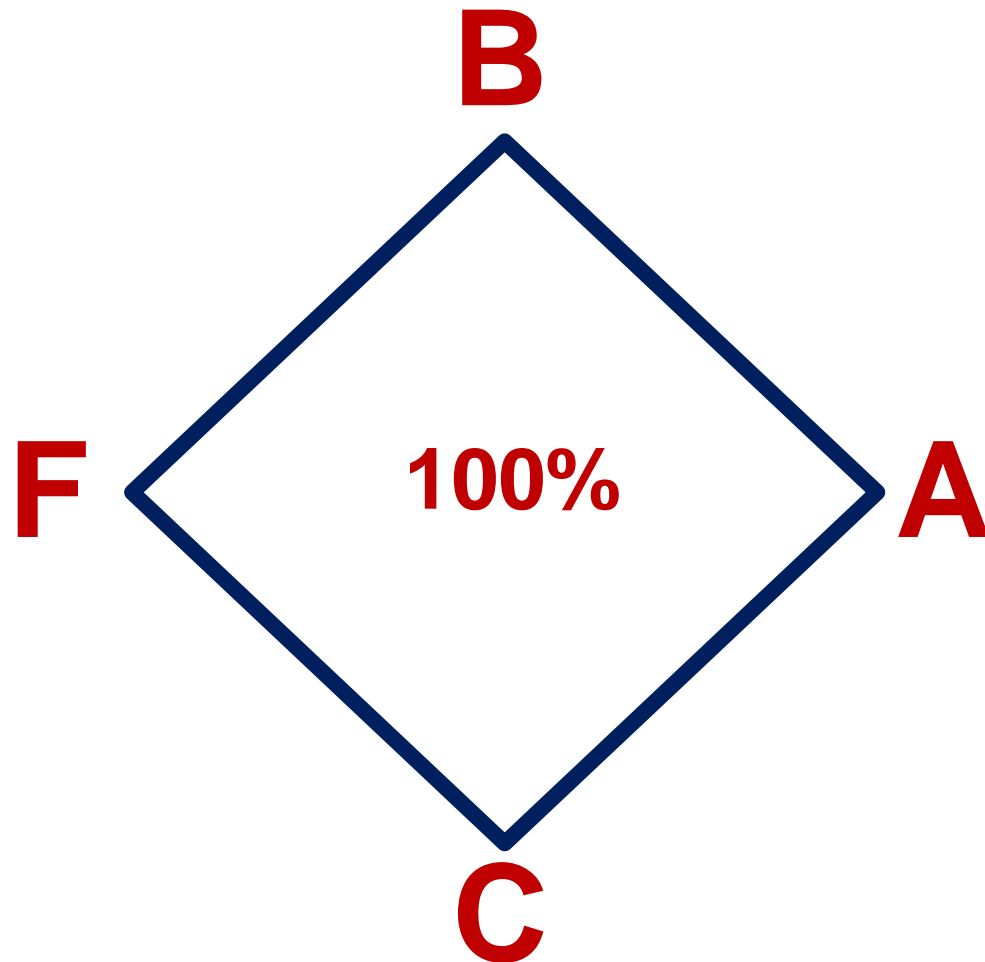


- time, passed since the task is done until it is discussed (up to 1 month);
- irregularity in writing letters ('cos of ext. & int. factors);
- impossible to keep a close watch on feelings & emotions in “positum-format”;
- avoidance of painful experience & stop of further discussion;
- difficulty in thoughts' expression, followed by verbal & physical aggression;
- swearing & using of prisoners' slang;
- psychologist needs to control his vocabulary while communicating with prisoners, especially those with 2+ prison terms (¡explain!);
- total control by prison staff, lack of confidentiality.

# Example of work with the Balance Model



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## **Step №1**

**Write down the % for each area of BM, how much of effort do you put in it. *Four areas in total should not exceed 100%!***

**Don't worry if you put "too much" or "too little" in some of the areas. Even "a zero" is possible.**

### **NOTE:**

**We detect the surplus but work with the lack. Don't try to lessen the %. Just focus on the area(s) where the lack is.**



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## **Step №2**

**Now write down the % for each area, which you would love to have there.  
In total it should not exceed 100%.**

100%



## **Step №2**

**Now write down the % for each area, which you would love to have there. In total it should not exceed 100%.**

## **Step №3**

### **Part A:**

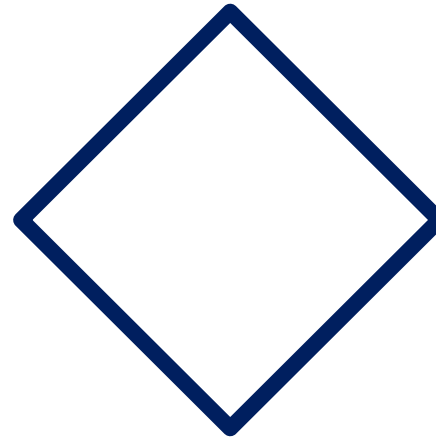
**For each area of BM write down what you will have to do:**

100%



**What should be physical activity, nutrition, sleep, rest to achieve your goal?**

**What qualities & concepts might be helpful?  
What of those you possess? What you should develop?**



**What specific actions might help to achieve the goal?**

**What relations (who with) would be good/useful to build?**

100%



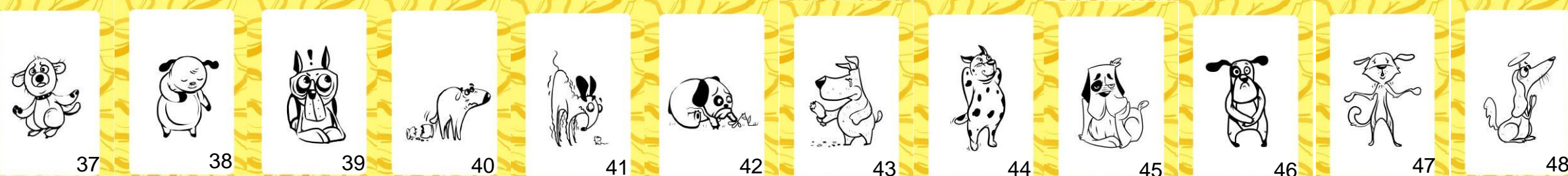
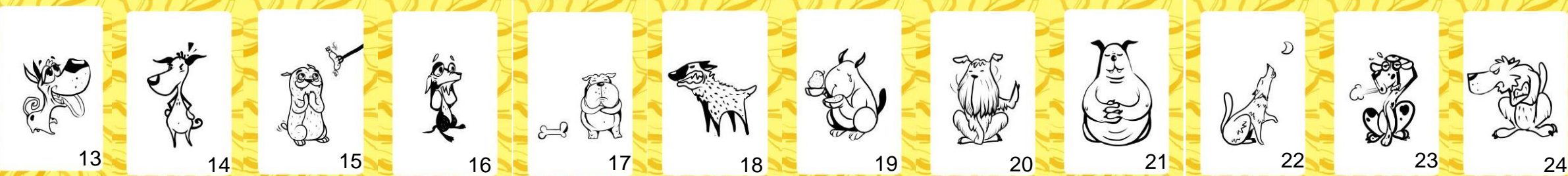
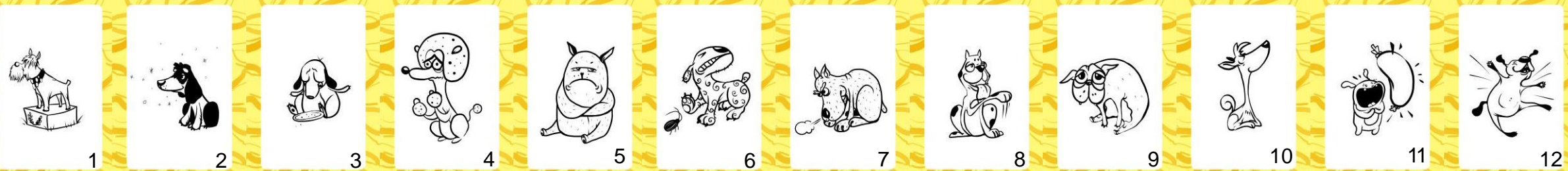
## **Step №3**

### **Part B:**

**Now write down just one simple exercise or action for each area, which you would be able to do for 3-5 minutes every (!) day.**

**It might be any action, depending on your final goal.**

**Remember: regularity is crucial!**



## Today's results of experiment (5.5 years):

- 347 prisoners took part in the project;
- 251 stopped communication because of their release;
- 86 later withdrew from counseling 'cos of other various reasons;
- with 4 of them I've recently stopped working myself.

**Currently I work with 96 prisoners (incl. 17 now released from prison & 4 having a life imprisonment).**

- 23 demonstrate +/- positive dynamics;
- 31 show just very little changes, not much of results;
- 42 has just started counseling process, so they don't have any result yet.

# **Project «Prison Ministry 2020»**

**(program of rehabilitation & resocialization of ex-prisoners)**

- Psychological & spiritual support of prisoners;**
- Special training of social workers, psychologists & pastors;**
- Video & audio materials (lectures), trainings for ex-prisoners;**
- Distant counseling (WhatsApp, Skype) of ex-prisoners.**

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# Thank you!

