

AC4.1 Assess the use of **criminological theories** in informing **policy development**

PYSCHOANALYSIS – FREUD (PSYCHODYNMAIC)

HOW IS CRIME CONTROLLED -

- Psychoanalysis aims to access repressed thoughts, that Freud though led to criminal behaviour
- It assumes that criminals have some sort of psychological problem or repressed trauma, that is found in the unconscious mind
- Psychoanalysis therapy aims to bring the repressed trauma to consciousness so it can be dealt with and therefore stop reoffending.

DOES IT WORK? -

- This therapy is the least favoured when working with offenders
- It is very time-consuming and takes a lot of effort on behalf of the offender
- Patients could discover very traumatic memories that were deliberately repressed

TOKEN ECONOMY – SKINNER (OPERANT CONDITIONING)

HOW IS CRIME CONTROLLED -

- The policy that links to learning theory is behaviour modification. Behaviour modification focuses on stopping negative behaviour and increasing positive behaviour
- Basically, when it comes to criminal behaviour, it rewards 'good', legal behaviour and punishes 'bad' illegal behaviour
- **The token economy system is one example of behaviour modification**
- This is where a token is given for showing desirable behaviour, which is then exchanged for a treat
- In prisons this is used through the 'Incentives and Earned Privileges Scheme' where prisoners get rewards like more visits, more spending money or more time out of their cell when they show good behaviour. They also get punished (e.g. segregation, no TV) if they show undesirable behaviour.

DOES IT WORK? -

- Has been shown to be effective with offenders that have committed serious offences
- There is evidence to suggest it is effective in the short term with both adult and young offenders, however the behaviour often does not continue outside of prison
- It has not been effective with prisoners in for a short sentences for a petty offence
- Often prisoners don't actually change their thought processes, they just conform in prison for an easier sentence

AGGRESSION REPLACEMENT THERAPY – (ANGER MANAGEMENT)

HOW IS CRIME CONTROLLED –

- This is a form of **cognitive behavioural** therapy (CBT)
- ART aims to improve skills in order to avoid offending and become more socially competent.
- Negative patterns of thinking and behaving are replaced with new ways more positive ways

DOES IT WORK? –

- Anger management aims to avoid violent offences taking place by people unable to control their anger.
- Novaco (1975) suggests that because offenders cannot deal effectively with their anger, it tends to be expressed in anti-social ways and displaced onto inappropriate targets .
- In an anger management programme, cognitive behavioural techniques are used to help offenders deal more effectively with their feelings of anger.
- However, once training has stopped the benefit from it can often be forgotten and even totally disappear in the long term.

AGGRESSION REPLACEMENT THERAPY – (ANGER MANAGEMENT)

HOW IS CRIME CONTROLLED –

- Aversion therapy (AKA 'counter conditioning) has been used extensively with some sex offenders, it was also used on gay men in the 1950s and 60s as a form of compulsory conversion therapy

DOES IT WORK? –

- Aversion therapy is controversial, as it has been associated with 'conversion therapy' in the past, it not used to 'treat' gay people anymore but is used with some offenders notably sex offender
- Studies suggest it is not very effective and it's use has declined, the preferred treatment these days is CBT as this involve changing patterns of thinking and behaviour