

OPPORTUNITIES OF SOCIO-EDUCATIONAL ASSISTANCE TO INDIVIDUALS SERVING ALTERNATIVE TO IMPRISONMENT SENTENCES: THE PROGRAMME *BEHAVIOUR-CONVERSATION- CHANGE* APPLICATION ANALYSIS

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Abstract. *The paper focuses on the issue of socio-educational assistance to alcohol addicts serving non-custodial sentences in the Probation Department of Klaipėda Regional Probation Service. It comments on the results of the behavioural correction programme Behaviour-Conversation-Change (BCC), applied to the individuals serving non-custodial sentences. The research was based on the qualitative research strategy. The conducting of the research was underpinned by the works of W. R. Miller, S. Rollnick (1991, 2002) and numerous other authors on a motivational interview, as well as on a motivational interview-based programme Behaviour-Conversation-Change to be used by the penal system institutions (Farbring & Berge, 2004). The participants of the research were individuals with alcohol addicts, serving non-custodial sentences in the Probation Department of Klaipėda Regional Probation Service. In the period 2012 to 2017, 160 respondents took part in the research (accordingly, the sample was 151 respondents). The changes in the respondents' behaviour were recorded by means of the SOCRATES 8A 19 question- scale (The Stages of Change Readiness and Treatment Eagerness Scale), designed to evaluate three key components: problem recognition, ambivalence, and the steps taken (Miller & Tonigan, 1996). The changes were evaluated at the beginning and at the end of the Behaviour-Conversation-Change programme. As proved by the findings, the impact of the Behaviour-Conversation-Change programme was positive at the recognition and the step taking stages. The results achieved in the application of the Behaviour-Conversation-Change programme meaningfully differed, given the officers approach to the programme.*

Keywords: *Socio-educational assistance, individuals with alcohol addicts serving non-custodial sentences, the behavioural correction programme Behaviour-Conversation-Change (BCC), motivational interview.*

Introduction

Crime is a pressing social problem for most countries in the world, including Lithuania. Its identification and search for the ways of problem solution have received considerable attention both from researchers and practitioners who work with convicted individuals. The findings of research (Lipsey et al., 2000; Chui, Nellis, 2003; Sherman, Farrington et. al., 2006; Scott et al., 2007; kt.) proved that the forms of alternative criminal liability implementation (the forms of probation) are more effective than imprisonment. The United Nations Organisation and the Council of Europe (UNGA Resolution No. 45/110, 1990; Council of Europe Recommendations No. R (99) 22, 1999) also promoted alternatives to confinement.

In *The Concept of Probation System in Lithuania* (2007) and the Republic of Lithuania *Law on Probation* (2011), in terms of an individual's positive socialisation, that form of punishment was considered to be more effective than isolation from society, as convicts remained in their living environment and could work, study, live in the family, and acquire a profession.

As witnessed by statistical data, over the last three years, the indicators of criminal offenses committed in Lithuania have been declining (from 84, 715 criminal offences in 2013 to 72, 343 in 2015). Over the last four years, the number of imprisoned persons has also been consistently declining (from 9,920 prisoners in 2011 to 7,355 in 2015). One can believe the declining crime trend is related to the efforts of probation services to find and apply efficient measures of legal, social, psychological, and educational assistance that promote positive changes in the convicts' behaviour.

Research (Žukauskienė & Viršilas, 2013) revealed that probation officer, next to the functions of supervision, control, and social assistance mandatory to a law enforcement professional, can also perform the functions of *social support, social education, and assistance in health care*. Those are the functions of social education that ensure convicts' social resocialisation, promote their awareness of responsibility for their behaviour and actions, and teach them to coordinate their needs with the law. In the area of *social support*, officers can perform their direct functions of mediation, information, communication, prevention, evaluation, organisation, and counselling, as well as ancillary ones: educational, recreational, diagnostic, and preventive.

In the area of *social self-education*, officers can perform the direct functions of prevention, evaluation, organisation, counselling, education, and recreation, as well as the ancillary functions of mediation, communication, information, diagnosis, and correction. *In the area of health care*, officers can perform the principal counselling, recreational, diagnostic, evaluation, corrective, and mediation functions and the ancillary communication, information, preventive,

organisational, training, and educational functions (Žukauskienė & Viršilas, 2013, p. 109).

Probation officer's individual work with offenders, behavioural correction programmes carried out in probation, and other activities have elements of psychological (Rugevičius et al., 2008) and socio-educational (Žukauskienė & Viršilas, 2013) assistance. The main principles of individual work with convict include confidentiality, empathy, tolerance, and respect.

When working with offenders, it is important to take the following principles into account:

- *risk*: intensive interventions must be targeted to high-risk offenders;
- *needs*: the needs of some offenders are related to their crime, therefore, the intervention is to be directed to the meeting of those needs (e.g., unemployment or addiction);
- *response*: it means that offenders will only benefit from the intervention in case it is meaningful for them and presented in a way acceptable to them and complying with their learning style. The principle includes several constructs, however, motivation is the essential element (Howells & Day, 2007).

W. R. Miller and S. Rollnick (1991, 2002) conducted research in the area of convict motivation and proposed the application of motivational interviews in penal system institutions and in the work with alcohol addicts (Miller et al., 1988; Miller et al., 1995; Figlie, Dunn, & Laranjeira, 2005; Vasilaki et al., 2006). In the conceptualisation of motivation (Miller & Rose, 2009) as an interpersonal process, it was identified as an important factor in the improvement of the results of resocialisation (McMurrin, 2009; Austin et al., 2011). B. Lundahl and B. L. Burke (2009) carried out a review of four meta-analyses of the effectiveness and practical applicability of a motivational interview. As proved by the findings, MI significantly (10 to 20 %) increased the effectiveness of the treatment of addicts (of alcohol, tobacco, or drugs) and reduced the cases of risky behaviour. The interest in a motivational interview as a method of work with offenders (McMurrin, 2009) revealed the awareness, and simultaneously the efforts, to increase their low motivation (Anstiss, Polaschek, & Wilson, 2011).

A motivational interview-based programme *Behaviour-Conversation-Change* (Farbring & Berge, 2004) was developed on the commission No. 4751, 4752 of the Swedish Prison and Probation Department (Kriminalvårdsstyrelse) and was intended for individuals serving their sentences in prison or probation.

The problem of the research. Currently, in the penal system of Lithuania, 5 adapted and accredited convicts' behaviour correction programmes have been implemented. One of them, *Behaviour-Conversation-Change* (hereinafter: BCC), has been designed to increase offenders' intrinsic motivation for pro-social

behaviour (*Valstybės žinios*, 2012). The BCC is to be applied to all the groups of individuals in the penal system institutions, and especially to those who have addictions and long criminal life experience. Lately, work in the penal system has been based on the hypothesis that for the majority of people it is important to learn to solve their own problems, to acquire cognitive and social skills, and *to be willing to use them*.

One can expect that individuals having alcohol addiction and serving non-custodial sentences in the probation service can be helped by the BCC to make the decision to seek to live a sober life, to overcome the addiction, and to develop social, problem solution, reasoning, and self-control skills. However, so far, the efficiency of work with offenders by means of the BCC method has not been justified by scientific research. The *motivation* of individuals who have alcohol addiction and are serving non-custodial sentences *to change and the desire to make up their minds to actually apply the acquired skills to practice* has received little attention from researchers.

The aim of the research was to evaluate the motivation of people, serving non-custodial sentences and addicted to alcohol, to live a sober life by means of the behavioural correction programme *BCC (Behaviour-Conversation-Change)*.

Empirical research

Methodology. The research is based of Farington's (Farington, 2003, p. 1) criminal justice, as well as the situational, community, and development prevention, ideas which are significant for the change in individuals' antisocial behaviour, the reduction in risk factors, and the increase in protective ones. The correctional philosophy (*probation* and *parole*) is based on the principle of Beccaria's punishment theory: not to punish, but to prevent crime (Bekarija, 1992). The research is also based on the provisions of a representative of humanistic psychology Maslow (Maslow, 2009) on human autonomy, uniqueness, value, and the yearning to constantly improve. Human spiritual nature which manifests itself through inner wisdom, goodwill, and love is the essence of personality. For the research, a *quantitative research strategy* was chosen, in accordance with which the knowledge that develops through the prism of positivist philosophy is based on the observation and measurement of objective reality with the aim of understanding of the phenomenon in question (Creswell, 2013, p. 36).

The research participants. The participants of the research were individuals serving non-custodial sentences in the Probation Department of Klaipėda, Regional Probation Service. For the research, one of the convict groups was selected: those were individuals who had alcohol addiction. In the period of

2012 to 2017, 151 individuals took part in the research. The figure accounts for the research sample.

The research instrument. The research was conducted, based on foreign researcher works (Miller & Rollnick, 1991, 2002; Burke et. al., 2003; kt.) and the BCC programme (Farbring & Berge, 2004) intended for penal system institutions. A motivational interview was defined as a way of communication and a method of conversation, based on psycho-social and educational knowledge. The programme *Behaviour-Conversation-Change* consisted of five semi-structured interviews based on the method of a motivational interview and an introduction, aiming to:

- provide offender with an opportunity to analyse his own situation;
- help offender to form a vision of the motivation to change;
- increase the probability that offender will make up his mind to change;
- encourage his participation in a longer crime and addiction-coping programme;
- provide contact persons/officers with an opportunity to develop their motivational interview skills;
- for probation officers, be a penal system tool in the execution of the Government directives to increase offenders' motivation to change and to cope with addiction (Farbring & Berge, 2004).

The changes in the behaviour of individuals who served non-custodial sentences and had alcohol addiction were recorded by means of the SOCRATES 8A 19 question-scale (*The Stages of Change Readiness and Treatment Eagerness Scale*), designed to evaluate three key components: **problem recognition**, **ambivalence**, and **action** (Miller & Tonigan, 1996). The changes were evaluated in the introductory and final meetings of the *Behaviour-Conversation-Change* programme.

The methods of statistical analysis: the statistical data analysis was performed using the statistical data processing software IBM SPSS (Statistical Package for the Social Sciences), version 20. To process the data, the ordinal and nominal measurement scales were used, therefore, the following statistical procedures were applied: *on the nominal scale*, percentage frequencies were calculated in the data distribution; *on the ordinal scale*, the t-test of two dependent (paired) samples was calculated in the data distribution, and to establish the relationships between variables, *the correlation coefficient after Spearman* was calculated (Vaitkevičius & Saudargienė, 2006).

The research participants. The participants of the research were individuals serving non-custodial sentences in the Probation Department of Klaipėda Regional Probation Service and the officers of the Probation Department who carried out the BCC programme. For the research, one of the convict groups was chosen: individuals addicted to alcohol. In the period from 2012 to 2017, 151

individuals serving con-custodial sentences took part in the research, and they accounted for the sample of the research. The BCC programme was carried out by 23 officers of the Probation Department.

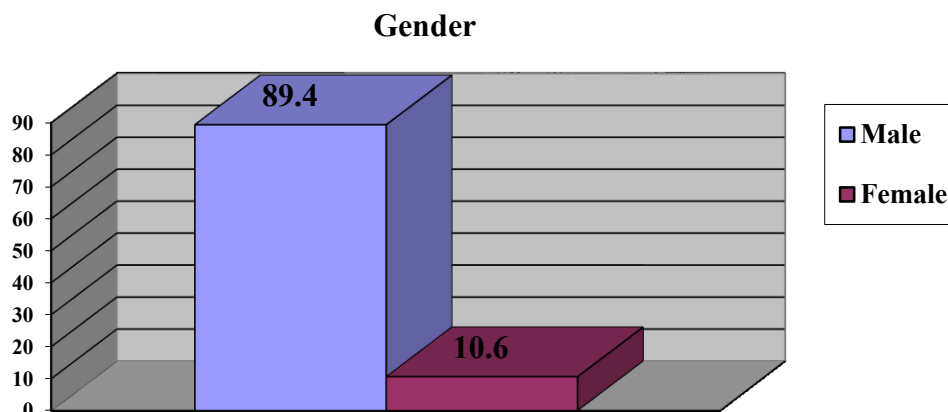


Fig.1 The characteristics of the respondents by gender N=151

As proved by the research data analysis (Fig. 1), the distribution of the respondents (N=151) by gender was as follows: the majority (89,4 %) were male, and the minority (10,6 %) were female. Thus, the majority of alcohol addicts were male. However, given the fact that in the territory of the Probation Department of Klaipėda Regional Probation Service women accounted for 10,96 % of the total number (304 out of 2773) of the convicts, one can state that addiction to alcohol was characteristic of the representatives of both sexes.

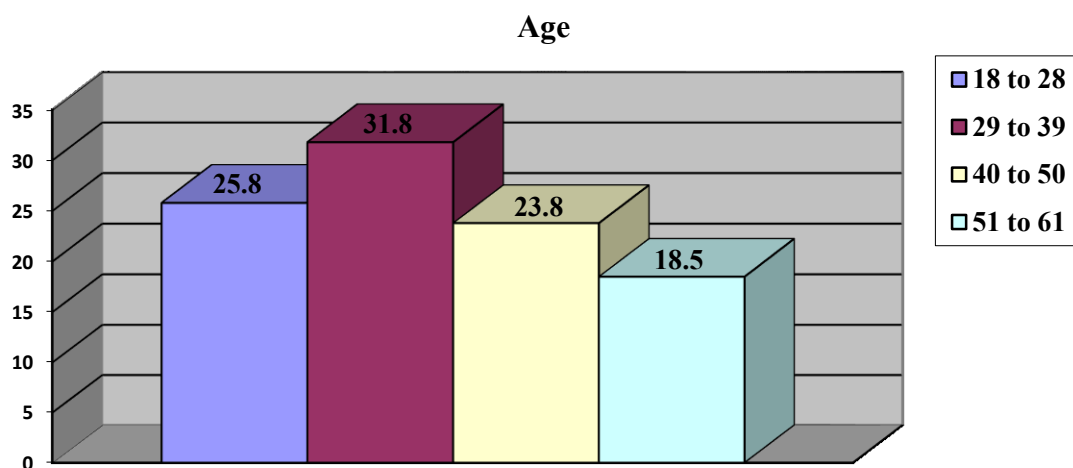


Fig.2 The characteristics of the respondents by age N=151

As proved by the research data analysis (Fig. 2), the vast majority of the respondents (31,8 %) were 29 to 39-year-old, slightly over a quarter (25,8 %), 18 to 28-year-old, almost a quarter of them (23,8 %), 40 to 50-year-old, and the remaining (18,5 %), 51 to 61-year-old. Thus, most frequently, non-custodial

sentences were served by alcohol addicts who were 29 to 39 year-old, and least frequently, by senior citizens (51 to 61 year old).

The BCC programme was carried out by officers of the Probation Department (N=23), therefore, it would be reasonable to identify their education and work experience, i.e. the factors that could have had an impact on the convicts-alcohol addicts' motivation to change.

Education. By education, the officers of the Probation Department who carried out the BCC programme could be divided into five groups (see Fig. 3):

Education

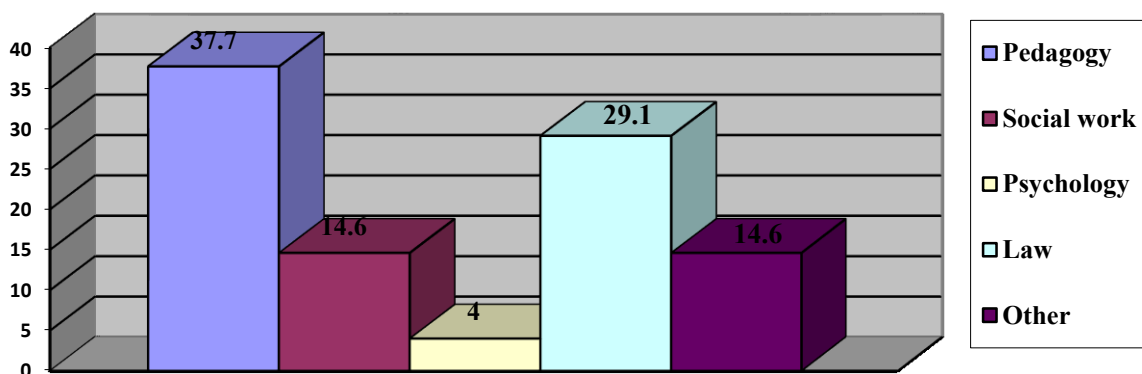


Fig.3 Officers by education N=23

As proved by the research data analysis (Fig. 3), the majority of the officers (37,7 %) have acquired pedagogical education, a slightly smaller part (29,1 %), legal education, and almost one seventh (14,6 %) have acquired the education in the field of social work or other fields (management, business administration, etc). Only a minor part of the officers (4 %) have acquired education in psychology. The officers of the Probation Department mainly have had either pedagogical or legal education, which means they are prepared and able to provide diverse socio-educational assistance to offenders (in our case, to carry out the BCC programme) and to evaluate the changes in the motivation of individuals, serving sentences and having addiction to alcohol, to live a sober life.

Work experience of the probation officers. By the number of years served in the Probation Department, the officers carrying out the BCC programme could be divided into five groups (see Fig. 4):

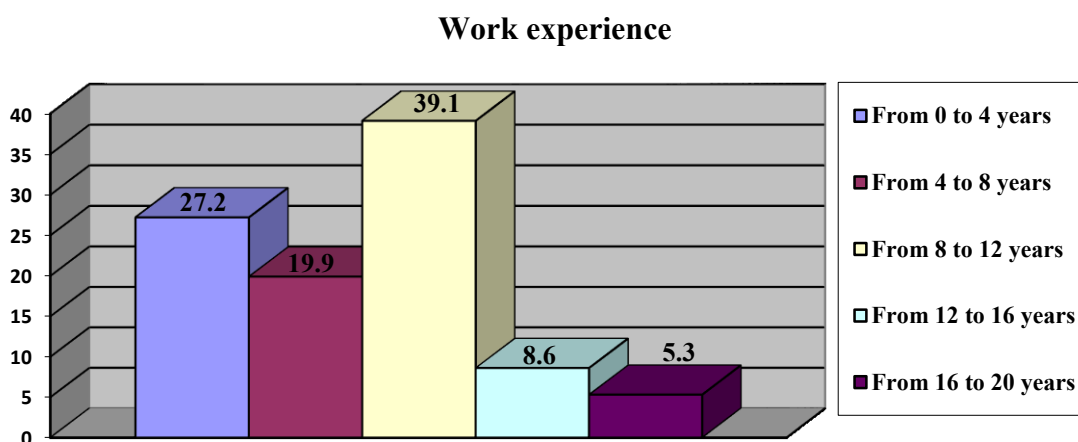


Fig.4 Officers by the length of work experience N=23

As proved by the research data analysis, the majority (39,1 %) of the probation system officers had work experience of 8 to 12 years, slightly more than a quarter (27,2 %), up to four years, almost one fifth (19,9 %), from 4 to 8 years, almost one tenth (8,6 %), from 12 to 16 years, and a small part (5,3 %), from 16 to 20 years. Thus, the probation system mainly employed officers with the work experience of around 12 years, and only a small part of the officers in the probation system had substantially more extensive work experience. One can argue that for probation officers, such experience of work with convicts was sufficient to be able to carry out different programmes in the probation system and to evaluate behavioural changes of their participants.

The research findings. To assess the changes in the respondents' behaviour, the SOCRATES 8A 19 question-scale of the preparedness to change and the wish to receive treatment (*The Stages of Change Readiness and Treatment Eagerness Scale*) was used, and it was filled up by 151 respondents. The changes in the motivation were evaluated in accordance with three key components: **problem recognition**, **ambivalence** (of feelings), and **action**. To establish how the BCC programme changed the respondents' motivation, two measurements were performed (during the introductory and the final sessions).

First of all, we tried to establish *how the motivation of the respondents changed in the recognition of the addiction problem*. The comparison of the means of the two measurements is presented in Table 1.

Table 1 Comparison of the problem recognition before and after BCC

No.	Characteristic	Assessment mean	N	t	df	p
1.	Problem recognition 1	2,84	151	-3,954	150	0,000
2.	Problem recognition 2	3,46	151			

Upon analysis of the data in Table 1 and the performance of t-test of two dependent (paired) variables, it was established that the respondents' problem recognition assessment mean was 2,84 at the beginning of the programme and 3,46 at the end of the programme. That proves that the difference between the means was statistically significant ($t=-3954$; $df-150$; $p=0,000$).

The high scores in the problem recognition show that the client admits having problems with the addiction to alcohol and is inclined to express a wish to change. He understands that, if nothing changes, further consumption of alcohol will cause more serious problems (Farbring, 2014, p. 180). One can argue that individuals, after the completion of the BCC programme, are more inclined to admit that they have problems with the consumption of alcohol. The recognition of the problem at the end of the programme is one of the key symptoms witnessing the growth of the respondents' motivation to change. Graphically, the change is shown in Figure 5.

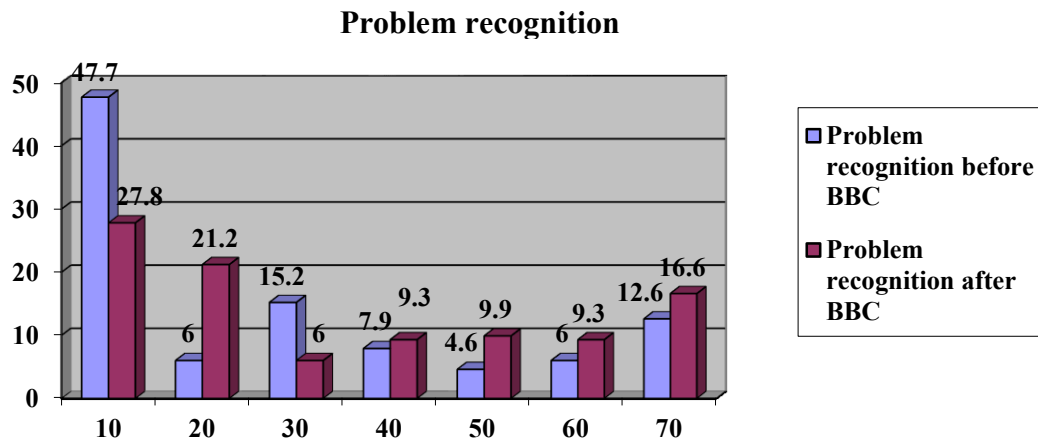


Fig.5 Change in the recognition of the respondents' problem N=151

The research also sought to assess *how the motivation of the respondents changed with respect to ambivalence*. The comparison of the two means of ambivalence measurements is presented in Table 3.

Table 2 Comparison of ambivalence before and after BCC

No.	Characteristic	Assessment mean	N	t	df	p
1.	Ambivalence 1	5,46	151	-1,347	150	0,180
2.	Ambivalence 2	5,73	151			

Upon analysis of the data of Table 2 and the performance of two dependent (paired) samples t-test, it was established that the respondents' ambivalence assessment mean at the beginning of the BCC was 5,46, and during the final

session, 5,73. The difference between the means was not statistically significant ($t=-1,347$; $df-150$; $p=0,180$), therefore, one can argue that the ambivalence of the individuals who completed the BCC programme did not meaningfully change. In the context of an individual's motivation, the change in ambivalence did not have uniform assessment. As noted by Farbring (2014, p. 181), high scores in ambivalence meant the client's *wish to know* whether he really controlled the consumption of alcohol and whether he drank too much and thus harmed other people. High scores meant being not sure and the ambivalence (of feelings).

They could also show client's preparedness to consider the problem in the way indicated by Prochaska and DiClemente (1984) in the model of consideration studies. Low scores in ambivalence meant that the client was not interested in whether he consumed too much alcohol and that he did not care about being able to control its consumption. Thus, low scores appeared in two cases: when an individual "knew" that alcohol caused serious problems and when he "knew" that alcohol caused no problems (Farbring, 2014, p.181). When recording and assessing low scores for ambivalence, attention was to be paid to the score in the problem recognition measurement. As proved by our research data, at the end of the BCC programme, the score of the problem recognition grew, therefore, the non-growing ambivalence witnessed the *knowledge of the research respondents that alcohol tended to cause serious problems for them*. Graphically, the change in ambivalence is shown in Figure 7.

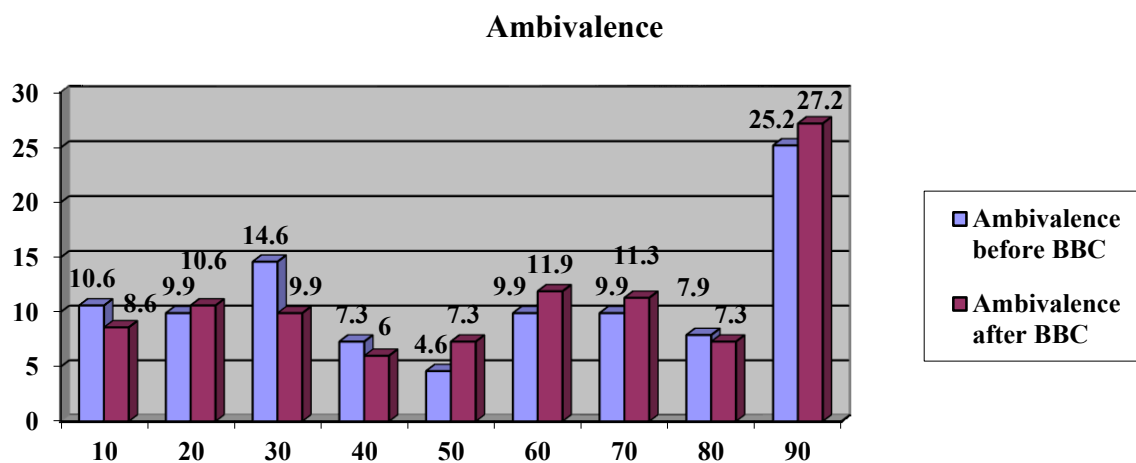


Fig.6 Change in the respondents' ambivalence N=151

The research tried to establish how the respondents' motivation changed *at the level of their actions/steps*. The comparison of the two means of action measurement is presented in Table 3.

Table 3 Comparison of actions before and after BCC

No.	Characteristic	Assessment mean	N	t	df	p
1.	Actions 1	4,93	151	-4,731	150	0,000
2.	Actions 2	5,93	151			

Upon the analysis of the data of Table 3 and the performance of two dependent (paired) samples t-test, it was established that the respondents' action assessment mean at the beginning of the BCC programme was 4,93, and during the final session, 5,93. Thus, the difference between the means was statistically meaningful ($t=-4,731$; $df-150$; $p=0,000$).

High scores in the action assessment proved that the client was already solving his problems and could already have felt the positive consequences of the change. The changes were taking place, and the client was likely to want help in order to reinforce the change and to avoid relapse. High scores in the field meant high probability of the success of the change (Farbring & Berge, 2004 p. 51; Farbring, 2014, p. 181).

One can argue that the respondents addicted to alcohol achieved positive changes due to the BCC programme and undertook actions in order to live a sober life (coding against alcohol, treatment in the addiction centre hospital, attending of AA groups, participation in the Minnesota programme, etc.).

Graphically, the change is shown in Figure 7.

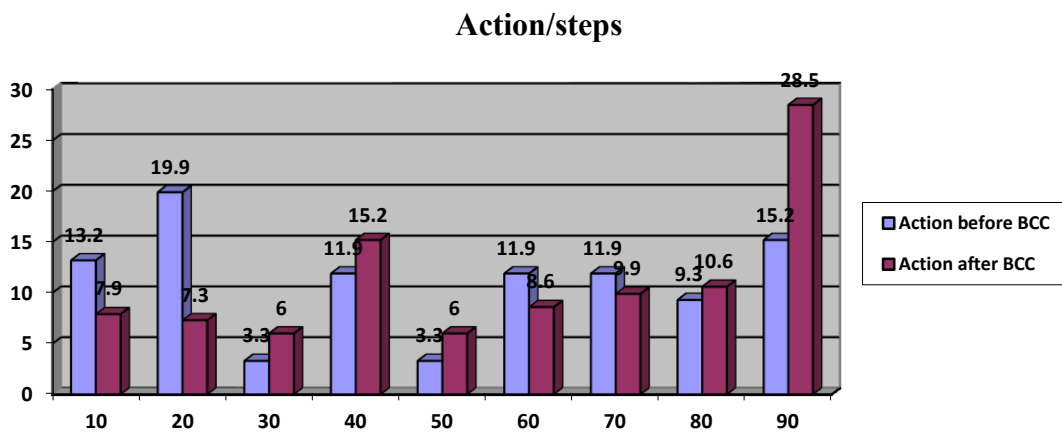


Fig.7 Change in the respondents' actions/ steps N=151

The research sought to establish the changes in the motivation of the offenders- alcohol addicts during the BCC programme and simultaneously to find out the impact made on them by the officers of the Probation Department who carried out the programme. At the beginning of the research, a hypothesis was made that the officers' education, the length of their work experience, and their attitude towards the programme could have an impact on the respondents.

As revealed by the research findings, the education of the Probation Department officers or the length of their work experience with convicts did not have a decisive /significant impact on the changes in the respondents' motivation, however, the factor of the recognition of the BCC programme efficiency by the officers was highlighted. The officers' view on the efficiency of the programme is presented in Figure 8.

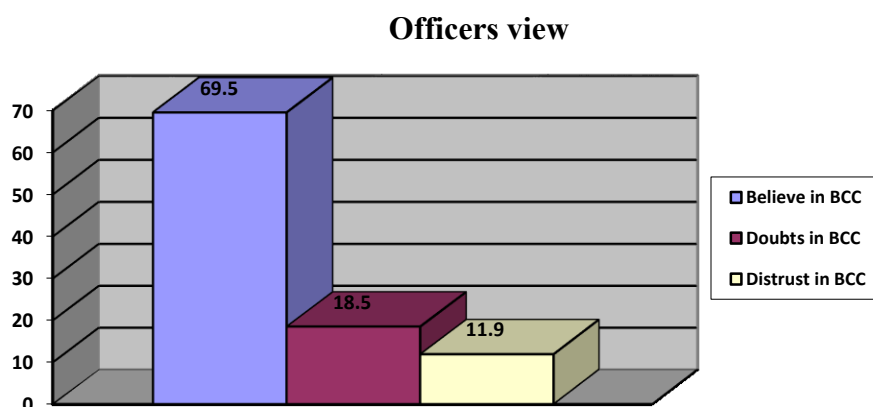


Fig.8 Officers in accordance with their view on BCC N=23

As proved by the research findings, the answers of the Probation Department officers could be divided into three groups: the majority of the officers (69,5 %) believed in the efficiency of the programme; slightly less than one fifth (18,5 %) had doubts about its efficiency; and more than one tenth (11,9 %) did not believe in the programme. One can argue that the vast majority of the probation officers believed in the efficiency of the BCC programme in changing the motivation of alcohol addicts to live a sober life. The officers who did not believe in the efficiency of the BCC programme might have been not totally familiar with its aims, content, and the opportunities of application or not have mastered efficient methods for the work with convicts.

Table 4 **Correlation between the indications of the respondents' problem recognition and the officers' view on the BCC programme efficiency**

	The Probation Department officers' view on the BCC programme efficiency
The respondents' problem (alcohol) recognition 2	0,206*

* The correlation is significant at 0,05

Upon the correlation analysis of the data, a *weak positive correlation* ($r = 0,206$) ($p < 0,05$) was established between the belief of the probation officers in the BCC programme efficiency and the programme participants' actions at the end

of the programme, i.e. the more probation officer believed in the efficiency of the BCC programme, the more the programme participants, i.e. the convicts, were inclined to take action to live soberly at its end. Thus, the belief of the officers in the BCC programme efficiency had a decisive impact on the positive changes in the motivation and behaviour of the convicts with addiction to alcohol. Our research confirmed the conclusions made by T. B. Moyers (2003) about there being no correlation between the counsellor's education, experience, and the efficiency of his assistance when encouraging clients to change.

C. A. Farbring (2014) presumed that the changes in the convict motivation depended not only on the ways the motivational interviews were applied, but also on the counsellors' body language, voice, and smile, on whether the client smiled or looked worried when telling some sad story, and on whether the desire to help the client was shown convincingly.

Through the BCC programme, alcohol addicts were motivated to live soberly. One can argue that further implementation of the programme can produce positive results in increasing the efficiency of the social-educational and psychological activities in the probation system.

Conclusions

In the probation system, the positive impact of the BCC (*Behaviour-Conversation-Change*) programme on alcohol addicts was highlighted on the stages of the problem recognition and the actions/steps taken by themselves.

The recognition of the dependence on alcohol-problem by the convicts serving non-custodial sentences grew in the final stage of the BCC programme. That was one of the essential indications witnessing the growth of the convicts' motivation to live a sober life.

The ambivalence (of the feelings) of the convicts-alcohol addicts serving non-custodial sentences did not increase at the end of the BCC programme, however, high scores in the field showed that the convicts were considering their problem and expected assistance in the reinforcement of changes.

At the end of the BCC programme, the convicts addicted to alcohol achieved positive changes in coping with alcohol addiction, as they took action with the aim of sober life (coding against alcohol, treatment in the addiction centre hospital, attendance of AA groups, participation in the Minnesota programme, etc.).

The greatest impact on the change in the motivation of offenders-alcohol addicts to live a sober life through the BCC (*Behaviour-Conversation-Change*) programme was made by the belief of the Probation Department Officers in the efficiency of the programme.

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