

# SeNAT Prison Programme



## Type of intervention



Group Work



Prison



Individual Work

## Target group/s, level/s of prevention and sub-group/s:

Tertiary Prevention



Offenders (21 years +) | Male | Prison | Individualised Work & Group Work | Lithuanian

## Target population

SeNAT (Seksualiai Nusikaltusių Asmenų Terapijos programė) is a Lithuanian programme aimed at incarcerated persons who have committed sexual offences against children. Candidates for the programme must be willing to admit that they have committed a crime in order to access this type of intervention.

## Delivery organisation

In 2008, the Prison Department under the Ministry of Justice of the Republic of Lithuania evaluated the situation in Lithuania prisons and identified a need for treatment programmes for incarcerated persons who have committed sexual offences against children.

The SeNAT (Seksualiai Nusikaltusių Asmenų Terapijos programė) programme was created by Associate Professor of Clinical Psychology Department at the University of Waikato, New Zealand, PhD Douglas P. Boer with the help of Chief of the Psychology section in Alytus correction house in Lithuania, Vilmante Gintaraite in 2009.

## Mode and context of delivery

The SeNat programme takes place in prison facilities – as of 2010 the programme operates in two correctional institutions: Alytus and Pravieniškės correctional houses. The main goals of the **SeNAT** programme are the prevention of sexual offence recidivism and the safe reintegration of such persons back into the community.

The programme itself is comprised of Individual Sessions, Group Topics, and Homework Assignments

## **Level/Nature of staff expertise required**

The SeNAT programme is delivered by institutional psychologists in cooperation with other correctional staff. All staff selected to provide the SeNAT programme is expected have minimal qualifications and training to ensure high quality therapy programmes across Lithuania.

## **Intensity/extent of engagement with target group(s)**

The overall programme has no fixed length and can be completed by the individual offender in as little as three or four months (depending on programme session frequency). In general, once an offender has completed the main criteria of autobiography, offence pattern, relapse prevention plan, and complete life plan, he will be deemed as having completed the programme and will be moved to the maintenance programme.

## **Description of intervention**

The SeNAT programme is based on the premise that all offenders can change negative behaviors and become law-abiding citizens. It is not solely focused on reducing offending behaviours, but also on building upon the offender's positive characteristics to enhance his sense of self-esteem and competence. The end result is that offenders will learn much more than just not how to offend again, but also how to use problem-solving strategies in many areas to have a better life. This intervention is based on cognitive behavioural therapeutic (CBT) principles. This is the same philosophical basis of all modern sex offender programs operating internationally.

### Programme Components:

- Individual sessions
- Group topics
  - 1) Orientation
  - 2) The Process of Change
  - 3) Introduction to Self-Analysis
  - 4) Autobiography
  - 5) Discussion of Autobiographies
  - 6) Offence Patterns
  - 7) Discussion of Offence Patterns
  - 8) Advanced Self-Analysis
  - 9) Self-Control
  - 10) Relapse Prevention Plans
  - 11) Complete Life Plans
  - 12) Presentation of Relapse Prevention Plans and Complete Life plans to the group.
- Homework Assignments
- Parallel Topics
  - Healthy intimacy
  - Supportive friendships and support people
  - Work skills
  - Anger (or other emotions) management
  - Assertiveness training
  - Non-sexual friendships with women
  - Women's and victim's rights
  - One's own victimization and offending

Alcohol or drug misuse (substance abuse)  
Insight and relapse prevention  
Hobbies  
Religious beliefs  
Victim awareness and victim empathy

### **Evaluation**

An independent agency, The Global Initiative on Psychiatry, has been commissioned to carry out an evaluation framework on the programme.

### **References**

unknown

### **Contact details**

Ulonų st. 8A, LT-62505 Alytus  
Tel. +370 315 52001  
Fax. +370 315 52178  
El. e-mail: apn@apn.lt