
ABSTRACT

Treating child abuse experiences in prison inmates to integrate them and to change their offensive behaviors: An attempt in a Japanese prison therapeutic community

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In Japanese prisons there are some programs based on CBT to change offending behaviors. However, those who had been abused in their childhoods have difficulties to process their thinking and feeling. They need to have an experience of being safe before that. So, a therapeutic community approach has been introduced in 2009, which aims at building bonds among inmates and seeking personal growth. Through quantitative analysis, results showed there was a statistically significant improvement in problem solving skills and PTSD high risk inmates decreased their IES-R points to less than 25 in a year. In this paper, two cases are examined in detail to show how the therapeutic community improved PTSD symptoms and helped inmates grow. The most powerful elements to integrate PTSD symptoms into inmates are to connect with other people and take responsible roles in a community. It is not enough to change offending behavior but it is necessary to treat the whole person.

Key Words: inmate, traumatic stress, therapeutic community
