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## **Psychological Counselling Services and Inmates' Rehabilitation of Women Prisoners in Miami Women Prisons**

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### **Abstract**

Globally, rates of criminal recidivism are estimated at an average of 50% and, unlike recorded crime rates in the general population, rates of recidivism appear to be on the rise. USA's rates of recidivism are estimated to be about two thirds, which is higher than the global average. As a result of this, crime by past convicts alone account for a significant share of the current and impending crimes. Studies show that there is a correlation between criminal behaviour and the offender's mental state, which is important in understanding the high rates of recidivism in USA. This study seeks to investigate the impact of psychological counselling services for women prisoners on inmates' rehabilitation. The specific objects of the study are: to identify the need for psychological counselling services for inmates; determine the nature of psychological counseling programs available to the inmates; identify the modes of delivery of psychological counseling services and assess the effectiveness of the psychological counseling services offered to inmates. The study target population comprises 856 inmates and 50 prison officers. Stratified random sampling will be used to select 55 first time offenders, 41 recidivists, and 50 prison officers. The study sought to know whether inmates got any counseling therapy during their previous incarceration. The findings in revealed that majority (58%) of the inmates had not got any counseling therapy during their previous incarceration while 42% of the inmates indicated that they had received counseling therapy during their previous incarceration. Majority had not got any counseling therapy an indication of the power of counseling in rehabilitating inmates. The study sought to understand whether prison officers participated in offering counseling to the inmates. The findings revealed that majority (57%) of prison officers did not participate in offering counseling. Further, the results indicated that 43% of the prison officers participated in offering counseling. This is an indication of the need for more counseling sessions for inmates. For those prison officers who answered "yes" above, they were asked to indicate whether they had formal training to offer counseling to the inmates. The findings in revealed that majority (55%) of the prison officers had no formal training to offer counseling. Further, the results indicated that 45% of the prison officers had formal training in counseling. This is an indication of the need for more training programmes in counseling to equip prison officers with necessary skills in counseling. Study findings reveal that there still exists a big demand for psychological counselling services for inmates in various prisons. This is informed by the fact that the ever growing population of inmates in correctional facilities creates the need for educated counselors who have the knowledge, skills, values, and motivation to work with correctional clients. Findings further confirmed that individual counseling services were preferred than group

counselling services and that content coverage adequacy was average in USA. In terms of effectiveness reducing reoffending and focusing on women needs were identified as major strengths of the programs. Key recommendations for this study include: Management of Prisons to train and deploy qualified staff to address the ever increasing demand for psychological counselling services by inmates; management of Prisons to ensure that all inmates have access to counselling therapy services; there is a great need to develop a clear policy on psychological counselling therapy programs aimed at guiding how various psychological programs are managed starting from the allocation criteria into the program; government policy makers to allocate more funds and resources towards psychological counselling therapy programs; and psychological counselling therapy programs to be customized based on inmates needs so as to address the real underlying problems.

Keywords: *Psychological Counselling Services, Inmates' Rehabilitation, Women Prisoners, Miami Women Prisons*

## 1. Introduction

Imprisonment plays a vital role in curbing crime and insecurity in any nation, as well as correcting deviant behavior among law breakers. However, the psychological and social harm resulting from incarceration among prisoners, particularly female inmates, is an area of concern (Völker & Psych, 2016). The plight of female inmates is more disturbing as some of the inmates serve with pregnancies while nursing mothers are incarcerated alongside their babies. Plenty of research has examined preparation of inmates for life outside prison, but few studies have examined supporting them while in prison (Tomar, 2013).

Despite the noble objectives of reformation, rehabilitation and reintegration which the prison system embarks on to ensure that criminals become changed persons, this objective is still far from being achieved. Tomar (2013) asserts that the rate at which ex-convicts are returning to jail is alarming. Reformation of prisoners has not been effective as every year criminals who become more hardened and deadly are released as against changed individuals expected by the society. It is becoming evident that prisons have in modern times become training grounds for a new category of criminals and patterns of crime unknown to the society, posing an ever more complicated security risk to the public (Berkeley, 2009).

Studies on the journey to crime for repeat offenders show that offenders characteristically commit most of their criminalities close to their home location (Townesley & Sidebottom, 2010), which often complicates their successful reintegration back to society. Studies now link repeat offending to inspiration by factors other than proximity on offenders' spatial decision-making. For instance, Bernasco (2010) disclosed that after release from custody, relocated criminals were more likely to target areas in which they had formerly resided in than alternative ones. According to Bernasco and Block (2009), offenders develop mental scripts that serve as prototypes to describe effective offending patterns. Experience then updates the templates.

In the US, the proportion of female prisoners has steadily increased, soaring from 12,300 in 1980 to approximately 17 times that amount in 2008 (West & Sabol, 2009). In large part, these higher rates of female incarceration are the result of policies that criminalize drug abuse, with almost 30% of female offenders arrested for drug crimes and approximately 33% reporting they were on drugs or obtaining drugs when arrested (Messina et al, 2006). In England and Wales, it is

reported that in 2002, 67 per cent of male prisoners discharged from prison were reconvicted within two years (LeBel et al, 2008). Similarly, in 2004, 64 per cent of female prisoners released in England and Wales reoffended within two years (Fawcett Society, 2006).

In Australia, studies show that both male and female prisoners are most likely to have been victims of a vicious crime as a youngster or adult prior to their imprisonment. A history of victimization is likely to be a contributing influence to the criminal behavior of these inmates, and could serve as a trigger for repeat offense (Dornan & Elyse, 2015). In a big way, the study creates a link between the offender's psychology and crime on the one hand, and the state of safety and sense of security for non-offenders on the other hand. The study further found that although Australian corrective services do indeed provide therapeutic services to inmates to address any psychological, emotional or social impacts relating to their experience as a victim of violent crime, such services are limited to addressing issues relating to mental health and factors leading to their criminal behaviour (Dornan & Elyse, 2015).

In USA, released citizens have a seventy-five percent chance of committing another crime and a fifty percent chance of returning to prison two years after release from prisons (Gathu, 2012). There are inadequate reintegration programs in the prisons and very few resources on the outside to help returning citizens avoid recidivism (Oruta, 2016). The study recommended reevaluation of the prisons' physical, psychological and social environments to root out depression trigger factors. There was also need for recruitment of professional counselors to counsel the psychologically disturbed inmates. This would conveniently be achieved through partnership with religious institutions and non-governmental organizations that provide such services.

Many early researchers concluded that imprisonment had negative psychological effects on inmates leading to psychological deterioration (Tomar, 2013). These effects include emotional withdrawal, depression, suicidal thoughts or actions as well as increasing levels of hostility. Despite the problems, little attention has been given to the unique psychological concerns of women prisoners.

## **2. Literature Review**

### **2.1 Theoretical Framework**

This study was anchored on the desistance theory, which accentuates the need for an all-inclusive, flexible and person-centered methodology to supporting people who have offended and who wish to stop (Clinks, 2013). Notwithstanding the fact that definitions and understandings of desistance are still contested, most scholars now think of desistance more as a progression than as an incident. It involves 'both ceasing and refraining' from offending (McNeill and Weaver, 2010). Desistance study is in its early phases of unpacking the distinct issues facing women in their journey away from crime. It is clear, however, that working with women to promote desistance should take into account the truth of the woman's life and focus on addressing the problems that are important to her (Worrall and Gelsthorpe, 2009). McDermott (2012) conducted a study using focus group interviews with women who had experience of women-specific provision within community sentences. When asked 'what helps women on their journey to stop offending?' the group emphasised practical and holistic support, for issues including finances, housing and education. The participants in McDermott's research also highlighted that women are most likely to comply with services if they are treated as 'individuals



deserving of recognition and respect (McDermott, 2012). Existing theoretical work on desistance from criminality has emphasized social practices such as involvement in adult social bonds or pro-social relationships, with very little devotion given to individual idiosyncratic processes such as one's identity. The desistance theories of Sampson and Laub and Giordano seem to have reached the point of consensual acceptance in the field. Theoretical work within the past 5 years, however, have begun to stress the role of identity and human agency in the desistance process including Paternoster and Bushway's (2009) identity theory of desistance (ITD), which offers a cogent choice perspective on how criminals quit crime.

## **2.2 Empirical Review**

Over the last decade, prison populations throughout the world have increased exponentially (Walmsley, 2012). Australia's recidivism rates have been increasing (Payne, 2007), which provides some evidence that current custodial sentencing practices are doing little to deter people from returning to prison. According to recidivism research in Australia, 2 out of 3 prisoners have previously been incarcerated, and between 35% and 41% of prisoners will return to prison within two years of being released back into the community (Payne, 2007). The harsh conditions in prisons and work without pay not only negate on rehabilitation of prisoners but also make them bitter and rebellious, therefore, at the end of their prison term they commit crimes of revenge against the society, which also does not offer much support to them as ex-prisoners (Orika, 1985).

Cobbina (2010) presents the results of a two-year pilot study designed to test the efficacy of the Women's Integrated Treatment program in the US, a drug abuse initiative for female inmates comprising self, relationship, sexuality, and spirituality modules. Taken together, results support the beneficial effects of including components oriented toward meeting women's needs (e.g., gender responsiveness, trauma-informed services, parenting training, self-esteem and assertiveness training, and sexuality and family planning) within corrections-based substance abuse treatment. These elements added value to the effects of the program, particularly with regard to increasing time in aftercare following parole, and reducing time to recidivism.

Wilson, Bouffard, and Mackenzie (2000) found that the re-arrest rate in the US of those who participated in moral recognition therapy (MRT) was 45% in comparison to 67% for those who did not participate in MRT. It is important to note that these statistics were taken 48 months after offenders were released from prison and positive effects persisted and increased at 60 months after release.

Wilson, Bouffard, and Mackenzie (2000) note that when recidivism was measured as outstanding warrants issued offenders who participated in Reasoning and Rehabilitation (R&R) therapies had a recidivism rate of 26% compared with 29% for non-participants. In a previous study by Porporino and Robinson (1995) the positive effect sizes were much larger for R&R participants. This study consisted of all high-risk offenders who volunteered to be admitted into the program. However, because all participants volunteered for treatment the recidivism rates could be seen as unreliable. Nonetheless, by defining recidivism as prison readmission the study showed that offenders who participated in the R & R treatment had a recidivism rate of 37% compared to 70% for non-participants (Wilson, Bouffard, & Mackenzie, 2000). Overall, according to the research R&R is effective in reducing recidivism and could teach the offender how to restrain from criminal behavior (Wilson, Bouffard, & Mackenzie, 2000).

In her study on the effect of cognitive and behaviour therapies on prison and post-prison inmates' psychological adjustment, in Afokang Prison, Cross River State in Nigeria, Akpama (2013), revealed that there was significant difference between prison inmates treated with cognitive therapy and others who are not treated at all in their psychological adjustment. The study also found that there was significant differences in psychological adjustment between inmates treated with behavioural therapy and those not treated at all. This notwithstanding, prison inmates treated with cognitive therapy did not differ significantly from their counterparts treated with behavioural therapy in their psychological adjustment (Akpama, 2013). It was also discovered that inmates subjected to any form of therapy differed significantly from those who did not pass through any form of therapy in their psychological adjustment. It was therefore concluded that behavioural and cognitive therapies significantly influence prison inmates positively in their psychological adjustment (particularly after imprisonment).

Kamoyo et al (2015) examined the effects of imprisonment on depression among female inmates in selected prisons in Miami using a sample of 295 respondents randomly selected from different prisons. The findings of the study indicated significant effects of imprisonment on depression among the female inmates. The study recommended reevaluation of the prisons' physical, psychological and social environments to root out depression trigger factors. There was also need for recruitment of professional counselors to counsel the psychologically disturbed inmates. This would conveniently be achieved through partnership with religious institutions and non-governmental organizations that provide such services (Völker & Psych, 2016).

Carlos (2015) evaluated the Social, Economic, Psychological, Physical and Health effects of imprisonment on both male and female inmates in Miami Women Prison in Florida, USA using a sample size of 34 male and 24 female respondents. Results show that the effects of imprisonment vary on age, gender, marital status, occupation, and parental status of the respondents and duration of confinement. Male inmates aged 51-60 years and female respondents aged 18-25 years were assaulted most. All inmates serving long sentences suffered psychological effects more compared to those serving less sentences. More than 87% female inmates (especially the married, separated or widowed) were affected psychologically. The study recommended that the prison authorities increase the number of times prisoners can be visited so as to reduce mental stress on inmates; that prisoners of the same age group should be housed together to discourage victimization of elderly inmates; and the recruitment of more medical personnel and professional counselors who would take prisoners through the harsh reality of imprisonment.

The recommendations by Carlos (2015) concur with those of Lipsey and Cullen (2007) who argued for organisational structures which can promote both skills and program integrity including, staff training, supervision and management, coaching, staff selection and the use of treatment manuals. The available evidence continues to suggest that even though there is increasing knowledge about what works and what doesn't correctional interventions of all descriptions tend to have minimal impact on re-offending rates (Lipsey & Cullen 2007, Washington State 2006). It is argued that this relates in part to the poor implementation and delivery of interventions that have proved to be effective under research conditions.

### 3. Methodology

This study used the descriptive and explanatory research design, as the target population was not large. The research site for this study was Miami, Florida State in USA. The target population for this study comprised all the 856 inmates incarcerated in Miami, Florida. This study utilized a sample size of 102 respondents, representing 12% of the study population. Questionnaires were sent to respondents via email for them to fill while interview schedule administered in one-on-one sessions with inmates. The study used descriptive statistics to analyze the collected data. Descriptive analysis involved computation of mean, frequency distribution, standard deviation and percentages for independent variables were carried out to determine frequencies and percentage distributions.

### 4. Results and Discussions

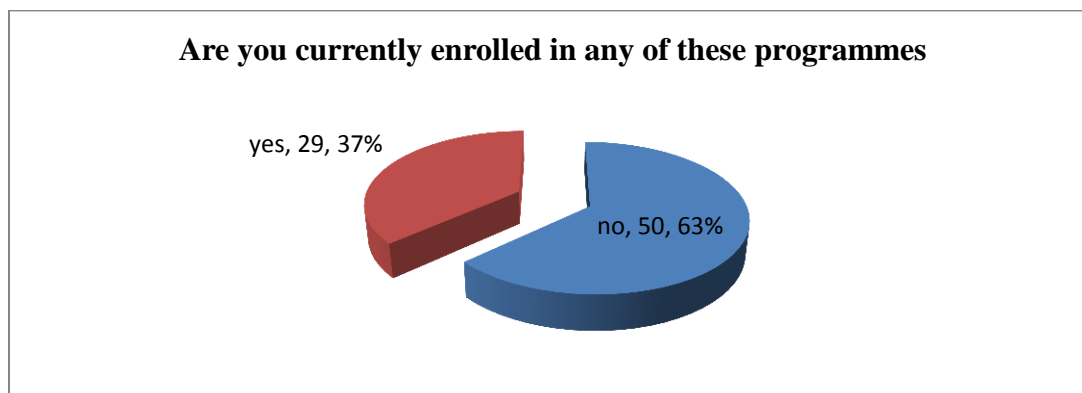
#### 4.1 Psychological Counseling Therapy Programs available to offenders

The inmates were asked to indicate whether there are any psychological counseling therapy programs available to offender in Miami Women Prison. Results of the study are presented in table 1. The results indicated that majority 54% of the inmates indicated that psychological counseling therapy programs were not available in Miami Women Prison.

**Table 1: Psychological Counseling Therapy Programs available to offenders**

Psychological counseling therapy programs available to offenders at Miami Women Prisons	Inmates		Prison officers	
	Frequency	Percent (%)	Frequency	Percent (%)
Yes	36	46	17	36
No	43	54	30	64
<b>Total</b>	<b>79</b>	<b>100</b>	<b>47</b>	<b>100</b>

The inmates were further asked to they had enrolled in any of the psychological counseling therapy programs at Miami Women Prison. Results of the study are presented in figure 1. The results indicated that majority 63% of the inmates indicated that that they had not enrolled to psychological counseling therapy programs while 37% indicated that they had enrolled to psychological counseling therapy programs at Miami Women Prison. Majority had not enrolled an indication of the need to enroll in search programs.



**Figure 1: Are you currently enrolled in any of these programmes**

The inmates were asked to rate the importance of psychological counseling to your rehabilitation process at Miami Women Prison. Results of the study are presented in table 2. The results indicated that majority 53.2% of the inmates indicated that psychological counseling therapy was very important to rehabilitation process at Miami Women Prison.

**Table 2: Importance of psychological counseling to your rehabilitation process**

Rating	Inmates		Prison officers	
	Frequency	Percent (%)	Frequency	Percent (%)
<b>Rating</b>				
Extremely important	21	26.6	8	17
Very Important	41	45.6	25	53.2
Somewhat Important	8	12.7	7	14.9
Not Very important	6	11.4	5	10.6
Not At All Important	3	5.1	2	4.3
<b>Total</b>	<b>79</b>	<b>100</b>	<b>47</b>	<b>100</b>

The inmates and prison officers were asked to indicate whether they were aware of the criteria used in allocating inmates into these programmes in Miami Women Prison. Results of the study are presented in table 3. The results indicated that majority 53% of the inmates indicated that they were not aware of the criteria used in allocating inmates into these programmes in Miami Women Prison while 53.3% of the prison officers indicated that they were aware of the criteria used in allocating inmates into these programs in Miami Women Prison. This is an indication of the need to create awareness on the criteria of allocating inmates into psychological counseling programmes.

**Table 3: Are you aware of the criteria used in allocating inmates into these programmes**

Criteria used in allocating inmates into these programmes	Inmates		Prison officers	
	Frequency	Percent (%)	Frequency	Percent (%)
Yes	37	47	26	53.3
No	42	53	21	44.7
<b>Total</b>	<b>79</b>	<b>100</b>	<b>47</b>	<b>100</b>



For those who answered “yes” in table 3, they were further asked to criteria used in in allocating inmates into these programmes. Results of the rate the study are presented in table 4. Results showed that most (49%) of the inmates rated the programme “good”, 24% rated it “ fair” while (19%+9%) 27% of the inmates rated it poor. Further, 43% of the prison officers rated it good while 14% rated it fair. This is an indication of the need to improvement on the criteria used in allocating inmates into these programmes.

**Table 4: If your answer in table 4.7 above is yes how would you rate the criteria**

Criteria used in allocating inmates into these programmes	Inmates		Prison officers	
	Frequency	Percent (%)	Frequency	Percent (%)
Good	18	49	9	43
Fair	9	24	3	14
Poor	7	19	5	24
Very Poor	3	8	4	19
<b>Total</b>	<b>37</b>	<b>100</b>	<b>21</b>	<b>100</b>

#### 4.2 Content and Delivery Mode

The study sought to identify approaches are used in counseling. Both inmates and prison officers answered this question. Results are presented in table 4, most of the inmates 42% indicated that group therapy was the most common approach used in counseling. Results also further indicated that 42.6% of the prison officers indicated that group therapy was also the most common approach used in counseling. There is need to exploit other approaches to improve the rehabilitation process.

**Table 5: Approaches are used in counseling**

Which of the following approaches are used in counseling	Inmates		Prison officers	
	Frequency	Percent (%)	Frequency	Percent (%)
Individual sessions	22	28	16	34
Group therapy	33	42	20	42.6
Both individual and group therapy:	24	30	11	23.4
<b>Total</b>	<b>79</b>	<b>100</b>	<b>47</b>	<b>100</b>

The study sought to rate the adequacy of content covered during psychological counseling therapy on a scale of 1 – 5: (1) poor, (2) fair, (3) good, (4) very good and (5) excellent. Inmates filled the questions. Result findings were presented in table 6. Regarding public/individual perceptions about jail, the results indicated that 29.1% rated it poor, 32.9% rated it fair, 13.9% rated it good, and 8.9% very good and 15.2% rated it excellent. Further, on the content regarding spirituality / religion in one's life, the results indicated that 45.6% rated it poor, 29.1% rated it fair, 8.9% rated it good, and 7.6% very good and 8.9% rated it excellent. Regarding relationship between peer influence and crime, 41.8% rated it poor, 27.8% rated it fair. Further, regarding

stress related to incarceration, 32.9% rated it poor while 34.2% rated it fair. Regarding the continent wrongful imprisonment and how to cope with it, 32.9% rated it poor while 30.4% rated it fair, on the content related to gender issues e.g. domestic violence, relating with children, 40.5% rated it poor while 27.8% rated it fair. Further, on the content lack of acceptance by community 39.2% rated it poor while 30.4% rated it fair, regarding the content on prisonization (Being used to prison culture) 38.0% rated it poor while 34.2% rated it fair. Finally on the content personal identity, 50.6% rated it poor while 24.1% rated it fair.

**Table 6: Inmates responses on content covered during psychological counseling therapy**

Content covered	poor		fair		good		very good		excellent		Mean	SD
	%	f	%	f	%	f	%	f	%	f		
Public / individual perceptions about jail	29.1%	23	32.9%	26	13.9%	11	8.9%	7	15.2%	12	2.5	1.4
Spirituality / religion in one's life	45.6%	36	29.1%	23	8.9%	7	7.6%	6	8.9%	7	2.1	1.3
Relationship between peer influence and crime	41.8%	33	27.8%	22	12.7%	10	7.6%	6	10.1%	8	2.2	1.3
Stress related to incarceration	32.9%	26	34.2%	27	11.4%	9	12.7%	10	8.9%	7	2.3	1.3
Wrongful imprisonment and how to cope with it	39.2%	31	30.4%	24	7.6%	6	10.1%	8	12.7%	10	2.3	1.4
Gender issues e.g. domestic violence, relating with children	40.5%	32	27.8%	22	11.4%	9	10.1%	8	10.1%	8	2.2	1.3
Lack of acceptance by community	39.2%	31	30.4%	24	7.6%	6	12.7%	10	10.1%	8	2.2	1.4
Prisonization (Being used to prison culture)	38.0%	30	34.2%	27	11.4%	9	2.5%	2	13.9%	11	2.2	1.4
Personal identity	50.6%	40	24.1%	19	10.1%	8	7.6%	6	7.6%	6	2.0	1.3
Average											2.2	1.3

The study sought to rate the adequacy of content covered during psychological counseling therapy on a scale of 1 – 5: (1) poor, (2) fair, (3) good, (4) very good and (5) excellent. Prison officers filled the questions.

**Table 7: Prison officer’s responses on content covered during psychological counseling therapy**

Content covered	poor		fair		good		very good		excellent		Mean	SD
	%	f	%	f	%	f	%	f	%	f		
Public / individual perceptions about jail	25.5%	12	51.1%	24	8.5%	4	6.4%	3	8.5%	4	2.2	1.2
Spirituality / religion in one's life	21.3%	10	42.6%	20	8.5%	4	14.9%	7	12.8%	6	2.4	1.3
Relationship between peer influence and crime	14.9%	7	48.9%	23	8.5%	4	6.4%	3	21.3%	10	2.0	1.4
Stress related to incarceration	19.1%	9	48.9%	23	8.5%	4	6.4%	3	17.0%	8	2.4	1.3
Wrongful imprisonment and how to cope with it	27.7%	13	48.9%	23	4.3%	2	10.6%	5	8.5%	4	2.2	1.2
Gender issues e.g. domestic violence, relating with children	23.4%	11	55.3%	26	8.5%	4	6.4%	3	6.4%	3	2.2	1.1
Lack of acceptance by community	27.7%	13	51.1%	24	8.5%	4	8.5%	4	4.3%	2	2.1	1.0
Prisonization (Being used to prison culture)	19.1%	9	48.9%	23	6.4%	3	14.9%	7	10.6%	5	2.4	1.3
Personal identity	19.1%	9	51.1%	24	4.3%	2	8.5%	4	17.0%	8	2.4	1.4
Average											2.3	1.2

Result findings were presented in table 7. Regarding public/individual perceptions about jail, the results indicated that 25.5% rated it poor, 51.1% rated it fair, 8.5% rated it good, and 6.4% very good and 8.5% rated it excellent. Further, on the content regarding spirituality / religion in one's life, the results indicated that 21.3% rated it poor, 42.6% rated it fair, 8.9% rated it good, and 14.9% very good and 12.6% rated it excellent. Regarding relationship between peer influence and crime, 14.9% rated it poor, 48.9% rated it fair. Further, regarding stress related to incarceration, 19.1% rated it poor while 48.9% rated it fair. Regarding the content wrongful imprisonment and how to cope with it, 27.7% rated it poor while 48.9% rated it fair, on the content related to gender issues e.g. domestic violence, relating with children, 23.4% rated it poor while 55.3%

rated it fair. Further, on the content lack of acceptance by community 27.7% rated it poor while 51.1% rated it fair, regarding the content on prisonization (Being used to prison culture) 19.1% rated it poor while 48.9% rated it fair. Finally on the content personal identity, 19.1% rated it poor while 51.1% rated it fair. On a five point scale, the average mean of the responses was 2.3 which means that majority of the respondents were rating the content fairly. The standard deviation was 1.2 meaning that the responses were clustered around the mean response.

The study sought to rate the adequacy of content covered during psychological counseling therapy on a scale of 1 – 4: (1) very poor, (2) poor, (3) fair and (4) good. Inmates filled the questions. Result findings were presented in table 8.

**Table 8: Inmate responses to rate delivery approaches of the counseling therapy programs**

Delivery Approach inmates	Very poor		Poor		Fair		Good		Mean	SD
	%	f	%	f	%	f	%	f		
There is enough time to complete the program	22.8%	18	15.2%	12	48.1%	38	13.9%	11	2.5	1.0
Counselors are adequately skilled	20.3%	16	19.0%	15	46.8%	37	13.9%	11	2.5	1.0
counseling content is relevant to me	16.5%	13	20.3%	16	51.9%	41	11.4%	9	2.6	0.9
Counsellors uses language I can understand	20.3%	16	13.9%	11	50.6%	40	15.2%	12	2.6	1.0
Counsellors establish a personal connection with inmates	24.1%	19	16.5%	13	41.8%	33	17.7%	14	2.5	1.0
counselling session focuses on me	21.5%	17	17.7%	14	46.8%	37	13.9%	11	2.5	1.0
Privacy is ensured during the counseling sessions	22.8%	18	16.5%	13	46.8%	37	13.9%	11	2.5	1.0
Counsellors are trustworthy	22.8%	18	12.7%	10	48.1%	38	16.5%	13	2.6	1.0
Confidentiality is ensured in the counselling sessions	16.5%	13	19.0%	15	50.6%	40	13.9%	11	2.6	0.9
Counselling environment is conducive for treatment	21.5%	17	12.7%	10	53.2%	42	12.7%	10	2.6	1.0
Counselling environment is appropriate	17.7%	14	17.7%	14	49.4%	39	15.2%	12	2.6	1.0
Counselling makes me feel understood	20.3%	16	16.5%	13	48.1%	38	15.2%	12	2.6	1.0
Counsellor provides a treatment plan relevant to my needs	15.2%	12	17.7%	14	50.6%	40	16.5%	13	2.7	0.9
Counsellor monitors my progress	15.2%	12	20.3%	16	49.4%	39	15.2%	12	2.6	0.9
Counsellor communicates hope and optimism	10.1%	8	17.7%	14	58.2%	46	13.9%	11	2.8	0.8
Average									2.6	1.0

Regarding approach that there is enough time to complete the program, the results indicated that 38% rated it poor, 48.1% rated it fair while 13.9% rated it good. Further, regarding approach that counsellors are adequately skilled, the results indicated that 39.3% rated it poor, 46.8% rated it fair while 13.9% rated it good. On the approach that counseling content is relevant to me, 36.8% rated it poor, 51.9% rated it fair while 11.4% rated it good. On the approach that counselors uses

language inmates can understand, 34.2% rated it poor, 50.6% of the inmates rated it fair while 15.2% rated it good, regarding the approach that counselors establish a personal connection, 40.65 rated it poor, 41.8% of the inmates rated it fair while 17.7% rated it good. Further, regarding approach that counseling session focuses on inmates 39.2% rated it poor, 46.8% rated it fair while 13.9% rated it good.

Further, regarding approach that privacy is ensured during the counseling sessions, the results indicated that 39.3% rated it poor, 46.8% rated it fair while 13.9% rated it good. Further, regarding approach that counselors are trustworthy, the results indicated that 35.5% rated it poor, 48.1% rated it fair while 16.5% rated it good. On the approach that confidentiality is ensured in the counselling sessions, 35.5% rated it poor, 50.6% rated it fair while 13.9% rated it good. On the approach that counselling environment is conducive for treatment, 34.2% rated it poor, 53.2% of the inmates rated it fair while 12.7% rated it good, regarding the approach that counselling makes me feel understood, 36.8 rated it poor, 48.1% of the inmates rated it fair while 15.2% rated it good. Further, regarding approach that counsellor provides a treatment plan relevant to the needs of inmates 32.8% rated it poor, 50.6% rated it fair while 16.5% rated it good. Further, regarding the approach that counsellor monitors my progress 35.5% rated it poor, 49.4% rated it fair while 15.2% rated it good. Finally, regarding the statement counsellor communicates hope and optimism, 27.8% rated it poor, 58.2% rated it fair while 13.9% rated it good. On a five point scale, the average mean of the responses was 2.6 which means that majority of the respondents were rating the content fairly. The standard deviation was 1.0 meaning that the responses were clustered around the mean response.

The study sought to rate the adequacy of content covered during psychological counseling therapy on a scale of 1 – 4: (1) very poor, (2) poor, (3) fair and (4) good. Prison officers responded also on this question. Result findings were presented in table 9. Regarding approach that there is enough time to complete the program, the results indicated that 27.6% rated it poor, 48.9% rated it fair while 23.4% rated it good. Further, regarding approach that counsellors are adequately skilled, the results indicated that 31.9% rated it poor, 23.4% rated it fair while 44.7% rated it good. On the approach that counseling content is relevant to me, 33.4% rated it poor, 38.3% rated it fair while 38.3% rated it good. On the approach that counselors uses language inmates can understand, 31.9% rated it poor, 36.2% of the inmates rated it fair while 31.9% rated it good, regarding the approach that counselors establish a personal connection, 31.9% rated it poor, 40.4% of the inmates rated it fair while 27.7% rated it good. Further, regarding approach that counseling session focuses on inmates 21.3% rated it poor, 38.3% rated it fair while 40.4% rated it good.



**Table 9: Prison officers responses in rating delivery approaches of the counseling therapy programs**

Delivery Approach prison officers	Very poor		poor		Fair		Good		Mean	SD
	%	f	%	f	%	f	%	f		
There is enough time to complete the program	19.1%	9	8.5%	4	48.9%	23	23.4%	11	2.8	1.0
Counsellors are adequately skilled	10.6%	5	21.3%	10	23.4%	11	44.7%	21	3.0	1.1
Counselling content is relevant to me	10.6%	5	12.8%	6	38.3%	18	38.3%	18	3.0	1.0
Counsellors uses language I can understand	23.4%	11	8.5%	4	36.2%	17	31.9%	15	2.8	1.1
Counsellors establish a personal connection with clients	17.0%	8	14.9%	7	40.4%	19	27.7%	13	2.8	1.0
Counselling session focuses on me	4.3%	2	17.0%	8	38.3%	18	40.4%	19	3.1	0.9
Privacy is ensured during the counselling sessions	10.6%	5	19.1%	9	25.5%	12	44.7%	21	3.0	1.0
Counsellors are trustworthy	14.9%	7	8.5%	4	40.4%	19	36.2%	17	3.0	1.0
Confidentiality is ensured in the counselling sessions	14.9%	7	6.4%	3	38.3%	18	40.4%	19	3.0	1.0
Counselling environment is conducive for treatment	10.6%	5	17.0%	8	38.3%	18	34.0%	16	3.0	1.0
Counselling environment is appropriate	6.4%	3	12.8%	6	44.7%	21	36.2%	17	3.1	0.9
counselling makes me feel understood	4.3%	2	25.5%	12	40.4%	19	29.8%	14	3.0	0.9
Counsellor provides a treatment plan relevant to my needs	10.6%	5	12.8%	6	40.4%	19	36.2%	17	3.0	1.0
Counsellor monitors my progress	14.9%	7	12.8%	6	34.0%	16	38.3%	18	3.0	1.1
Counsellor communicates hope and optimism	21.3%	10	12.8%	6	51.1%	24	14.9%	7	2.6	1.0
Average									2.9	1.0

Further, regarding approach that privacy is ensured during the counseling sessions, the results indicated that 39.3% rated it poor, 46.8% rated it fair while 13.9% rated it good. Further, regarding approach that counselors are trustworthy, the results indicated that 35.5% rated it poor, 48.1% rated it fair while 16.5% rated it good. On the approach that confidentiality is ensured in the counselling sessions, 35.5% rated it poor, 50.6% rated it fair while 13.9% rated it good. On the approach that counselling environment is conducive for treatment, 27.6% rated it poor, 38.3% of the inmates rated it fair while 34.0% rated it good, regarding the approach that counselling makes me feel understood, 29.8% rated it poor, 40.4% of the inmates rated it fair while 29.8% rated it good. Further, regarding approach that counsellor provides a treatment plan relevant to the needs of inmates 23.4% rated it poor, 40.4% rated it fair while 36.2% rated it good. Further, regarding the approach that counsellor monitors my progress 27.7% rated it poor, 34.0% rated it fair while 38.3% rated it good. Finally, regarding the statement counsellor communicates hope and optimism, 34.1% rated it poor, 51.1% rated it fair while 14.9% rated it good. On a five point scale, the average mean of the responses was 2.9 which means that

majority of the respondents were rating the content fairly. The standard deviation was 1.0 meaning that the responses were clustered around the mean response.

### 4.3 Strengths

The study sought to rate the strengths of counseling therapy programs on a scale of 1 – 5: (1) strongly disagree, (2) disagree, (3) Neither agree nor disagree, (4) Agree and (5) Strongly agree. Inmates responded on this question. Result findings were presented in table 10.

**Table 10: Inmates responses in rating the strengths of counseling therapy programs**

Strength inmates	Strongly disagree		Disagree		Neither agree nor disagree		Agree		Strongly agree		Mean	SD
	f	%	f	%	f	%	f	%	f	%		
There is a clear policy on psychological therapy	17	21.5%	33	41.8%	13	16.5%	8	10.1%	8	10.1%	2.4	1.2
All inmates have access to the counselling therapy	19	24.1%	29	36.7%	15	19.0%	10	12.7%	6	7.6%	2.4	1.2
Counselling staff are qualified	22	27.8%	35	44.3%	5	6.3%	10	12.7%	7	8.9%	2.3	1.3
Counselling focus is on inmate needs	28	35.4%	27	34.2%	7	8.9%	9	11.4%	8	10.1%	2.3	1.3
Counselling content is relevant to inmates	19	24.1%	35	44.3%	10	12.7%	10	12.7%	5	6.3%	2.3	1.2
Counselling reduces re-offending	30	38.0%	36	45.6%	4	5.1%	4	5.1%	5	6.3%	2.0	1.1
Counselling reforms inmates	22	27.8%	26	32.9%	12	15.2%	10	12.7%	9	11.4%	2.5	1.3
Counsellors are not judgmental	18	22.8%	39	49.4%	10	12.7%	5	6.3%	7	8.9%	2.3	1.2
Counsellors are supportive	23	29.1%	31	39.2%	9	11.4%	9	11.4%	7	8.9%	2.3	1.3
Counsellors focus on women's needs	22	27.8%	29	36.7%	11	13.9%	9	11.4%	8	10.1%	2.4	1.3
counselling promotes a sense of belonging among the members	26	32.9%	24	30.4%	11	13.9%	12	15.2%	6	7.6%	2.3	1.3
counselling provides the chance to overcome other health and social problems	22	27.8%	36	45.6%	9	11.4%	9	11.4%	3	3.8%	2.2	1.1
Average											2.3	1.2

Findings presented in Table 10 reveal that most 63.3% (41.8%+21.5%) of the respondents were in did not agree with the statement that there is a clear policy on psychological therapy. The findings further reveal that 60.8% of the respondents did not agree that all inmates had access to counselling therapy. Further, 72.1% of the inmates did not agree that counselling staff are qualified, 69.6% of the inmates did not agree that counselling focus is on inmate needs, 68.4% did not agree that counselling content is relevant to inmates. Further, 83.6% of the inmates did not agree that Counselling reduces re-offending, 60.7% did not agree that Counselling reforms inmates,72.2% did not agree that Counsellors are not judgmental, 68.3% did not agree that Counsellors are supportive, 64.5% did not agree that Counsellors focus on women's needs,63.3% did not agree with the stamen that counselling promotes a sense of belonging among the members while 73.4% of the inmates did not agree that counselling provides the chance to overcome other health and social problems. On a five point scale, the average mean of the responses was 2.3 which means that majority of the respondents were disagreeing on the statements. The standard deviation was 1.2 meaning that the responses were clustered around the mean response.

The study sought to rate the strengths of counseling therapy programs on a scale of 1 – 5: (1) strongly disagree, (2) disagree, (3) Neither agree nor disagree, (4) Agree and (5) Strongly agree. Inmates responded on this question. Result findings were presented in table 11.

**Table 11: Prison officers responses in rating the strengths of counseling therapy programs**

Strength prison officers	Strongly disagree		Disagree		Neither agree nor disagree		Agree		Strongly agree		Mean	SD
	%	f	%	f	%	f	%	f	%	f		
There is a clear policy on psychological therapy											2.1	1.2
All inmates have access to the counselling therapy	38.3%	18	40.4%	19	6.4%	3	6.4%	3	8.5%	4	2.3	1.3
Counselling staff are qualified	34.0%	16	38.3%	18	6.4%	3	10.6%	5	10.6%	5	2.0	1.2
Counselling focus is on inmate needs	40.4%	19	36.2%	17	6.4%	3	12.8%	6	4.3%	2	2.4	1.3
Counselling content is relevant to inmates	17.0%	8	57.4%	27	4.3%	2	6.4%	3	14.9%	7	2.4	1.3
Counselling reduces re-offending	27.7%	13	40.4%	19	8.5%	4	10.6%	5	12.8%	6	2.1	1.1
Counselling reforms inmates	29.8%	14	53.2%	25	2.1%	1	8.5%	4	6.4%	3	2.1	1.0
Counsellors are not judgmental	25.5%	12	53.2%	25	10.6%	5	6.4%	3	4.3%	2	2.2	1.1
	27.7%	13	46.8%	22	10.6%	5	8.5%	4	6.4%	3		

Counsellors are supportive	29.8%	14	40.4%	19	6.4%	3	8.5%	4	14.9%	7	2.4	1.4
Counsellors focus on women's needs	38.3%	18	31.9%	15	6.4%	3	10.6%	5	12.8%	6	2.3	1.4
Counselling promotes a sense of belonging among the members	17.0%	8	55.3%	26	2.1%	1	17.0%	8	8.5%	4	2.4	1.2
Counselling provides the chance to overcome other health and social problems	25.5%	12	42.6%	20	8.5%	4	10.6%	5	12.8%	6	2.4	1.3
Average											2.3	1.2

Findings presented in Table 11 reveal that most 78.7% (38.3%+40.4%) of the respondents were in did not agree with the statement that there is a clear policy on psychological therapy. The findings further reveal that 72.3% of the respondents did not agree that all inmates had access to counselling therapy. Further, 76.6% of the inmates did not agree that counselling staff are qualified, 64.4% of the inmates did not agree that counselling focus is on inmate needs, 68.1% did not agree that counselling content is relevant to inmates. Further, 84.0% of the inmates did not agree that Counselling reduces re-offending, 78.7% did not agree that Counselling reforms inmates, 74.5% did not agree that Counsellors are not judgmental, 68.3% did not agree that Counsellors are supportive, 64.5% did not agree that counsellors focus on women's needs, 63.3% did not agree with the stamen that counselling promotes a sense of belonging among the members while 73.4% of the inmates did not agree that counselling provides the chance to overcome other health and social problems. On a five point scale, the average mean of the responses was 2.3 which means that majority of the respondents were disagreeing on the statements. The standard deviation was 1.2 meaning that the responses were clustered around the mean response.

## 5. Conclusions

Based on the findings, this study concludes that:

There still exists a huge need for psychological counselling services for inmates in various Miami Women Prison. This is informed by the fact that the ever growing population of inmates in correctional facilities creates the need for trained counselors who have the knowledge, skills, values, and motivation to work with correctional clients.

Individual counseling services were preferred than group counselling services and that content coverage adequacy is average at Miami Women Prison.

In terms of effectiveness reducing reoffending and focusing on women needs were identified as major strengths of the programs.

## 6. Recommendations

In view of the findings and conclusions of this study, the following recommendations are made for policy and for practice:

1. Management of Miami Women Prison to train and deploy qualified staff to address the ever-increasing demand for psychological counselling services by inmates.
2. Prisons to ensure that all inmates have access to counselling therapy services with a view of rehabilitating them before being discharged to interact with the public.
3. There is a great need to develop a clear policy on psychological counselling therapy programs aimed at guiding how various psychological programs are managed starting from the allocation criteria into the program.
4. Government policy makers should consider allocating more funds and resources towards psychological counselling therapy programs. This will go a long way in facilitating various programs necessary for the success of these programs.
5. Psychological counselling therapy programs should be customized based on inmates needs so as to address the real underlying problems.

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