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Can Pre-treatment Motivational Groups in FATJAM
Promote Therapeutically-Relevant Changes for Juvenile
Fire Setters and Bomb Makers in a Forensic
Psychological Setting?

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Juvenile Firesetters and Bomb Makers

- Juvenile Fire Setters and Bomb Makers have increasingly become a public safety concern.
- Annually JFSBs account for:
 - 80,000 structure fires
 - 300 deaths
 - \$1.2 Billion in property damages
- JFSBs account for 50% of arson arrests in the U.S. and 60% of annual residential fires.

(FBI, 2011)

- Average age ranges from 9-12 years old, with males making up 80-90% of JFSBs.

(Gilman and Haden, 2006)

Individual Characteristics

- Common characteristics displayed by JFSBs include:
 - Aggression
 - Social Skills Deficits
 - Deviance and Vandalism
 - Covert antisocial behavior
 - Difficulty expressing emotions
- Fires may be venues for relieved boredom, pure impulsivity, or covert means of retaliation.

(Gilman and Haden, 2006)

FATJAM and Previously Used Treatment Options

- “Forensic Assessment and Therapeutic Jurisprudence Assessment Model” is an evidence based treatment approach
 - Cognitive behavioral framework
 - Risk oriented skills-based mental health intervention program

(Johnson, 2010)

- Community based treatment options
 - working in conjunction with police and firefighters
 - in-depth interview style assessment recommended.

(Slavkin, 2002)

Motivational Interviewing in Group Therapy

- Motivational Interventions allow for several avenues of approach
 - Different theoretical orientations
 - Immerse several SES backgrounds with one common purpose
- MI is used with the consideration of three main purposes:
 - enhance retention and engagement in treatment
 - improve motivation for change
 - change behavior

(McMurrin, 2009)

Purpose of Treatment

- Serves a purpose not just for the juvenile offender
 - Allows family as well as therapists to help break the cycle of different social behaviors
 - Shows a peaceful way to utilize the decision making process
 - Gives insight on how juveniles are not perpetrators, but victims of repeated events of crime

(Center for Early Adolescence, 2011)

- Cognitive skills are tested in several ways
 - Demonstrates anger
 - Express daily thought processes with family, friends, and other populations

MI Interventions For JFSBs In A Group Context

- (MI) is an evidence-based approach that is an effective means of engaging juvenile offenders in needed services

(Stein et al. 2006)

- Methods of conducting interventions
 - group discussions amongst all participants
 - eliciting and evoking change talk (what would they want, need, or desire to happen)

(Doran et al. 2011)

Continued

- Different Therapies
 - music- best relates to and puts them in a calm state
 - expressive- what can be written, or oratorical presentations
 - play therapy- physical activity as well as mentally challenging strategies
- Exploring Confidence
 - develops ways to build self- esteem
 - become more sociable with peers
 - expressive in nature as opposed to limited with communication

(Doran et al. 2011)

Prior Steps to Group Therapy

- Interview Process
 - Ask questions and assess chronic issues
 - Develop a group with common interests
 - Questionnaires, assessments

(Yalom, 2007)

- Orientation
 - Explanation of goals and terms
 - Establish limitations and expectations
 - Build relationship with trust

Treatment Process

- Duration
 - Gender mix, separate meetings
 - Develop mentorship program
 - Counsel through sub groups
- Challenges
 - Shift through different therapies
 - Ethnic, gender inequalities
 - Modifying existing groups

(Rose, S. 1998)

MI as Pre-treatment for JFSBs

- MI as a pre-treatment option to CBT has been found to:
 - increase positive outcomes and compliance with homework
 - higher expectancy in one's ability to change
 - may be considered a catalyst to initiating change prior to beginning treatment session.

(Westra & Dozois, 2006)

- Therapist pre-group preparation considerations for group therapy:
 - screening interview
 - psychiatric history
 - mental status examination
 - Inclusion criteria
 - Exclusion criteria

(Gupta, 2005)

Biopsychosocialcultural Factors Related to Pre-Treatment in JFSBs MI Groups

- Socioeconomic Status
 - wealthy as opposed to lower class citizens
 - different privileges available to several backgrounds
 - abundance of resources available compared to limited communities
- Emotions/Psychological
 - many may not have received love from family and loved ones
 - difficulties expressing their anger and frustration in a more positive way
 - may promote a more resilient mindset to change behavior

(Singh, A.N. 2007)

Continued

- Ethnic/Cultural
 - can determine what population they communicate with
 - different mentalities on how they may interact with the general population
 - can be a positive way to see the other side of other ethnicities

Therapeutically Relevant Changes Associated with MI Group Therapy for JFSBs

- Major Changes
 - more positive outlook on how to communicate
 - examines the social impact that is seen toward a certain culture
 - allows for better ways of being expressive with emotions
- Roles
 - juveniles have become more vocal with peers and have a more positive regard to emotions
 - Parents may find avenues to become more relevant in the lives of an adolescent(no control issues)

(Singh, A.N. 2007)

Future Implications

- Research focus on:
 - Individual responses to MI intervention
 - retention, motivation to change, and recidivism
 - Group reactions to MI interventions within a forensic clinical setting
 - Interferences with FATJAM model
 - Clinician training of MI in implementing pretreatment strategy.

(McMurrin, 2009)

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