



# What Works in Therapeutic Prisons: Evaluating Psychological Change in Dovegate Therapeutic Community

*Jennifer Brown, Sarah Miller, Sara Northey, Darragh O'Neill*

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Uniquely examining the first purpose-built prison community of its kind, HMP Dovegate Therapeutic Community, this book assesses individual prisoners' progress through therapy and provides an evidence base to support investment into prison-based therapeutic communities.

Charting the process of change, the authors highlight the key essentials necessary for prisoners to address their motivations and criminal patterns of behaviour, revealing that strong therapeutic alliances and willingness to ask for help as well as offering help to others are critical.

The most comprehensive coverage of therapeutic communities to date, this book will be an important resource for students and practitioners working in prisons and with high-risk offenders, providing recommendations for building the best possible environment for prisoners to enhance their self-esteem, improve their behaviour and establish skills to desist.



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