

ROMANIA**Women's programmes**

In the Romanian prisons a programme for victims of domestic abused is being implemented. It is a psychosocial care programme on preventing domestic abuse in conjugal and family relationships. The programme aims at reducing vulnerability risk of domestic abuse, informing people of their rights, providing alternatives and identifying solutions to come out of the domestic abuse cycle. The programme offers psychotherapy and psycho-educational support.

The programme is being implemented in all prisons that have women inmates. The prisons where the programmes is implemented have inmates from all types of regimes: high, security, closed, semi-open and open. The programme is being offered by the Psychosocial Care Department of the prison institution. The professional implementing the programme are psychologists, social workers and educators.

The programme has been implemented for two years. It is offered on a permanent basis depending on the number of possible beneficiaries within the prison.

The target group of the programme is mainly women who experienced domestic abuse before being sentenced. However, the programmes was unfolded even with young population aged from 15 to 18.

Getting involve in the programme requires the psychologist's recommendation and the participant's consent. To get involved in a programme a person must meet all of the following conditions:

- To meet all the conditions that are specific to the target group
- To have a recommendation by the psychologist
- To give their consent to be included in the programme

Since the beginning of its implementation, the programme has been followed by 400 inmates (233 in the first semester in 2009), which represents about 1.4% of the total inmates. From those who participate in the programme, around 90% finish it.

Regarding the methodology, the specialists implementing the programme use psycho-educational methods and those employed in transactional analysis.

The programme is unfolded in both individual and group sessions. The programmes is developed through 20 group sessions (20-25 hours)organised in 2 sessions per week for 3-4 moths.

It exists a agreement between the therapist and the participant.. Before starting the programme, the persons to be involved sign a participation agreement (a therapeutic contract). Rules for group work are decided and not obeying them can lead to having a person excluded from the programme. Inmate's participation in the programme does not influence the conditions of her sentence.

The programme has 3 phases:

I. Evaluation and assessment:

- Establishing the individual intervention needs
- Unfolding the initial evaluation: psychological testing and interviews
- Selecting the participants

II. Intervention (individual and in group)

- Developing the modules within the programmes

III. Final evaluation

The programme is both thematically pre-structured by the professionals and individually structured following the needs of each participant. The programme covers 20 topics. Few examples are:

- Sources of conflict within a couple
- Causes of a conflict
- Intra-family violence
- Types of intra-family abuse
- Consequences of the abuse
- The role of self-esteem in developing a relationship
- Identifying personal resources
- Elements of counselling a couple and a family

Regarding the issue of professional supervision for those implementing the programmes, it exists a general supervision framework for all the professionals carrying out activities within prison.

The evaluation of the programme aims at noticing the level of achievement of the objectives established. The evaluation is carried out through interviews with the participants, observation and standard test before and after the programme.

There is not any kind of monitoring or follow-up of the participant after the programme finishes.

Following the evaluation from the institution that provided the information (National Prison Administration from Romania) regarding the existence of the programme, the programme offered provides an answer to the inmates' needs it influences the prison climate. On the other hand, it is said that the intervention itself needs to be improved, making a straightforward reference to the methods and work techniques applied to the target group.

Men's programmes

In the Romanian prisons, a programme designed for sexual aggressors is implemented. It is a care programme designed for male inmates who committed a sex crime. The programme does not target exclusively gender violence. It is a psychotherapy and psycho-educational support programme that aims at reducing risk of relapse of sexual aggressors. The most specific objectives of the programme are:

- The cognitive restructuring with a view to surpassing the aggression cycle
- To give information on sexual education
- To recognise the cognitive distortions causing the crime
- To transfer strategies for managing dangerous thinking from the point of view of committing new crimes

The programme is implemented in all Romanian prisons that have inmates from all types of regimes: high security, closed, semi-open and open. The programme is offered by the Psychological Care Department of the Prison Administration.

The programme has been implemented for two years. It is offered on a permanent basis depending on the number of possible beneficiaries within the prison.

The target group of the programme is men with a sentence for a sexual crime, aged between 18 and 60, with basic writing and reading skills and without no psychotic disorders.

Getting involve in the programme requires the psychologist's recommendation and the participant's consent. To get involved in a programme a person must meet all of the following conditions:

- To meet all the conditions that are specific to the target group
- To have a recommendation by the psychologist
- To give their consent to be included in the programme

Since the beginning of its implementation, the programme has been followed by 300 inmates (133 in the first semester in 2009), which represents about 1.1% of the total inmates (when 5% of the general prison population is sentenced for a sexual crime). From those who participate in the programme, around 90% finish it.

Regarding the theoretical background, the programme is based on the document 'Sex Offender Groupwork Programme', drafted by West Midlands Probation Service – Sex Offender Unit (1996) and adjusted to the Romanian Prisons. The methods to be used are of cognitive-behavioral type. The programme is unfolded in both individual and group sessions. The programme is developed in 150 hours, out of which 50 are dedicated to the evaluation module. The programme lasts 6 months.

The professionals implanting the programme are psychologists, social workers and educators. It exists an agreement between the therapist and the participant. Before starting the programme, the persons to be involved sign a participation agreement (a therapeutic contract). Rules for group work are decided and not obeying them can lead to having a person excluded from the programme. Inmate's participation in the programme does not influence the conditions of his sentence.

The programme has 3 phases:

- I. Evaluation and assessment:
 - Establishing the individual intervention needs
 - Unfolding the initial evaluation: psychological testing and interviews
 - Selecting the participants
- II. Intervention (individual and in group)
 - Developing the modules within the programmes
- III. Final evaluation

The programme is both thematically pre-structured by the professionals and individually structured following the needs of each participant. The programme designed for sexual aggressors is structured in 6 modules and the topics addressed are:

- Cognitive cycles and distortions
- Social abilities, self-esteem and assertiveness
- Sexuality and controversy: male-female
- The role that fantasy plays in crimes
- Recognising the victim status: empathy
- Preventing relapse

Regarding professional supervision, there is a general supervision framework for all the professionals carrying out activities within prison, but there is no special supervision system for the specialist implementing sexual aggressor programmes.

The results obtained are monitored mainly from a quantitative point of view; the number of programme beneficiaries in comparison with the number of persons that were identified as having this intervention need (sexual aggressors). From a qualitative point of view taking into account long term results, the programme is not evaluated, since there is not legal framework allowing to monitor sexual aggressors when released. On the other hand, the content and methodology used in the programme was as well evaluated in order to improve its implementations. The evaluation of the programme aims at noticing the level of achievement of the objectives established. The evaluation is carried out through interviews with the participants, observation and standard test before and after the programme. The evaluation of the programme aims at noticing the level of achievement of the objectives established. The evaluation is carried out through interviews with the participants, observation and standard test before and after the programme.

Following the evaluation from the institution that provided the information (National Prison Administration from Romania) regarding the existence of the programme, the programme offered provide an answer to the inmates' needs it influences the prison climate. On the other hand, it is said that the intervention itself needs to be improved, making a straightforward reference to the methods and work techniques applied to the target group. In the case of sexual aggressors programme, the programme efficiency is low, especially taking into consideration the fact that there are no legal provisions regarding the obligation of a medicine-based treatment and of other safety measures (by courts of justice, police stations, etc.) after release.

In the Romanian prisons there is another programme designed for vulnerable people with risk of suffering sexual aggressions. The programme aims at reducing that risk, raising self-esteem and providing abilities allowing to surpass vulnerable situations.