

***Iain Crow (2001) The Treatment and Rehabilitation of Offenders, Sage, London, ISBN 0761960392***

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What is or was the role of treatment and rehabilitation of offenders in the criminal justice system in England and Wales? How can we learn from existing literature on probation to identify what works with offenders who are on probation or in custodial institutions? In what ways can criminal justice practitioners treat sex offenders, mentally disordered offenders and drug misusing offenders? Based on the author's extensive work experience as a researcher and in academia, Iain Crow provides readers with some answers to the above questions systematically in *The Treatment and Rehabilitation of Offenders*. Personally I find this book refreshing in the way that he successfully puts the notions of treatment and rehabilitation back into the fields of criminology and criminal justice. It appears that treatment and rehabilitation of offenders has been out of fashion since the 1990s, while terms such as punishment, retribution, incapacitation and just deserts are being emphasised in the current sentencing practice and criminal justice policy in the British context (see Bottoms, Gelsthorpe & Rex 2001). But this book not only affirms that 'treatment and rehabilitation have continued to play a role in the criminal justice in the UK and elsewhere' (p.viii) but also points various directions on what can be done to address offending behaviour effectively.

The book is structured into four main parts. Part I — The Concept of Treatment — consists of four chapters, and it primarily examines the development and application of treatment and rehabilitation in the twentieth century in England and Wales. The introductory chapter focuses on various meanings and different paradigms of treatment and rehabilitation, and then highlights the ethical issues related to the treatment of offenders. Ethical principles such as autonomy, beneficence, non-maleficence, justice, and informed consent, and certain rules such as veracity, fidelity, confidentiality and privacy are recommended to be observed while exercising power and control over the offender (see Rooney 1992). Chapter 2 uses a historical perspective to examine the rise and decline of the 'treatment model' in the 1960s and 1970s respectively, and the doctrines of rehabilitation ideal and 'nothing works' are detailed. Instead of discussing the marginalised position of treatment and rehabilitation in the contemporary context, Chapter 3 gives a brief overview of different types of evaluation research such as clinical controlled trial, meta-analysis, outcome and process evaluation, and action research used to assess the effectiveness of an intervention. Those who do not have a good grasp of knowledge on research methodology may have to consult other texts such as May (2001) and Robson (2002). In Chapter 4, based on a number of empirical studies in the 1980s and 1990s, the author argues that there has been a resurgence of interest in looking for 'what works' for whom and that some treatment programmes 'do work' with offenders. He also summarises several guiding principles for effective intervention, namely assessment, matching and risk classification, responsiveness, addressing criminogenic needs and offending behaviours, programme structure and integrity, cognitive behavioural components, multiple techniques, community based and integrative, addressing social needs and a rights based approach.

Part II — The Institutions of Treatment — contains two chapters. While Chapter 5 traces the development of the Probation Service and analyses the relevance of treatment and non-treatment paradigms in influencing probation practice, Chapter 6 looks at how prison as a site can be used to deliver treatment programmes such as anger management courses and various group work and social skills training in order to address specific needs of the prisoner. Part III — Treatment in Practice — is concerned with treatment and rehabilitation with three selected groups of offenders, namely sex offenders (Chapter 7), mentally disordered offenders (Chapter 8) and substance misuse offenders (Chapter 9). Though ideas contained in these three chapters are nothing novel, the author is able to provide a succinct discussion of the features of treatment programmes by analysing findings extensively drawn from others' research. The final part of the book — Beyond Treatment — contains one chapter that addresses the broader context of offender treatment from a social policy perspective. Personally I totally agree that 'individual responsibility should be accompanied by social responsibility' (p199) in the process of offender reintegration. Instead of focusing on individual work with offenders, providing them help with housing and employment problems are central to successful rehabilitation.

All in all, *The Treatment and Rehabilitation of Offenders* is written in an accessible manner, and can be an introductory text to those studying probation studies, social work, youth justice, criminology and criminal justice. On the one hand, it touches much neglected yet important concepts, namely, treatment and rehabilitation. On the other hand, it is likely to be appealing to practitioners who work closely with offenders in both the community and custodial settings, and examples of successful programmes such as *The Straight Thinking On Probation Programme* (p69) and the *Grendon Underwood Therapeutic Communities* (pp111–116) are presented for our reference. More specifically, recommendations contained in this book regarding 'what works best' with particular offenders will be of great value to criminal justice personnel. In relation to the growing significance of the concept of 'evidence-based' practice, family service officers, community correction officers, prison officers, youth justice workers and social workers are anxious to learn what the current treatment paradigm is, and to know which intervention approaches are conducive to promoting offender rehabilitation and preventing further crime. However it is yet to be seen whether the principles of evidence-based practice are applicable in the Australian context.

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