Contents

Preface ix
Acknowledgements xi

Introduction 1
Understanding Offending Behavior 1
Hard-Core 5
Cognitive Self Change 9
A Human Connection 12
Phenomenology and Self-reports: Some Preliminary Comments about Method 14
Summary of Chapters 16

1 The Idea of Criminal Thinking 25
Ellis, Beck, and Antisocial Schemas 33
Psychopathology or Irresponsibility 39
An Alternative Point of View 44

2 Offenders Speak their Minds 48
Seven Male Offenders 49
Three Young Women 58
Three Violent Mental Health Patients 62
Two Problematic Groups 64
Three British Gang Members 72
Conclusions and Interpretations 75
### Contents

3 Cognitive–Emotional–Motivational Structure 78
   - The Idea of Conscious Agency: A Likely Story 79
   - Will and Volition, Self and Self-interest 82
   - The Model 85
   - Basic Outlaw Logic: Learning the Rewards of Criminal Thinking 89
   - Variations of Criminal Thinking 92
   - Conclusions and Implications 94

4 Supportive Authority and the Strategy of Choices 97
   - The Problem of Engagement 97
   - Conditions of Communication and Engagement 99
   - Supportive Authority 102
   - Rethinking Correctional Treatment 109
   - The Strategy of Choices 109
   - Final Comments 115

5 Cognitive Self Change 118
   - Four Basic Steps 121
   - Collaboration and the Strategy of Choices 139
   - Brief Notes on Program Delivery: Group Size, Duration and Intensity, Facilitator Qualifications and Training 141

6 Extended Applications of Supportive Authority 145
   - Why Offenders Need Help 145
   - Not Either/Or: Some Promising Examples 146
   - The System as the Intervention: Some Recent Examples 152
   - Supportive Authority, Revisited 157
   - An Idealistic Proposal (with modest expectations) 159

7 How We Know: Some Observations about Evidence 162
   - Introduction 162
   - Cognitive Self Change 164
   - The Significance of Subjectivity 165
   - Science and Subjectivity 169

Bibliography 175
Index 183