



Posse Solutions, LLC
Presents...

Criminal Rehabilitation

Nick Woodall, President & CEO

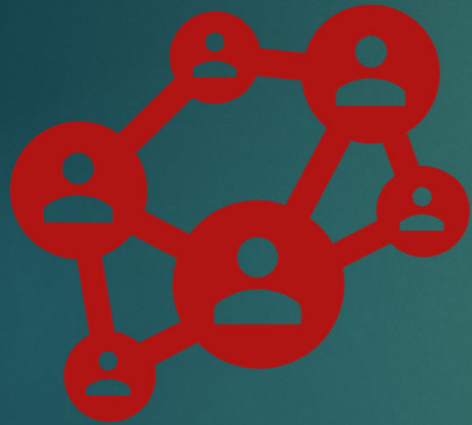
CRIMINAL REHABILITATION

What does it
look like?


Unreasonable Risk...

Those tasked with making this determination ask themselves this question:





Is there a connection (nexus) between the factors leading up to the life crime(s) and current behaviors resulting in a risk of dangerousness?



**At Posse Solutions we
focus on ways to change
the behavior.**

External Change follows Internal Change

- ▶ **Turning Point** = Is that time in the incarcerated person's life when they experience a change in their thinking, and it manifests itself in action—**change of behavior**. If they continue in criminal behavior, (i.e., disciplinary infractions) while incarcerated, after their identified turning point, then they likely have not experienced a true **turning point**.



INSIGHT INTO CRIMINALITY = TURNING POINT

- ▶ Insight is defined as the power or act of seeing into a situation; or, the act or result of apprehending the inner nature of things or of seeing intuitively.

Posse Solutions, LLC Presents... Criminal Rehabilitation Series

Posse Solutions, LLC presents...

Understanding Responsibility Workbook

Posse Solutions, LLC presents...

Understanding Impact & Magnitude Workbook

Posse Solutions, LLC presents...

Understanding Remorse Workbook

Criminal
Rehabilitation

Posse Solutions, LLC presents...

Understanding Apology Letters Workbook

Posse Solutions, LLC presents...

Understanding Causative Factors Workbook

Criminal Rehabilitation Series
By Nick Woodall

Criminal Rehabilitation

A Step-by-Step Guide to Develop, Understand,
Articulate Insight & Gain Freedom

By Nick Woodall

Posse Solutions, LLC presents...

Understanding Risk of Violence Workbook

Criminal Rehabilitation Series
By Nick Woodall

Elements of Insight



Understanding Responsibility

Understanding Impact & Magnitude of
the crime

Understanding Remorse

Understanding Causative Factors

Understanding Responsibility



- ▶ Responsibility is defined as *the quality or state of being responsible: as moral, legal, or mental accountability. It is essentially making oneself accountable for their actions.*
- ▶ The incarcerated individual's first step in taking responsibility begins with accepting the fact that s/he was a flawed human being BEFORE the commitment offense occurred and/or up to and including their **turning point**.

Understanding Responsibility



An important area of insight relates to their understanding of the basic facts of the commitment offense.

This understanding should never contradict the record of conviction.

Understanding Impact & Magnitude

- ▶ **Impact** means the impression of one thing on another. Think of the craters you see on the moon from asteroids and meteorites striking it over the millennia. The impacts are still visible today with a telescope.
- ▶ **Magnitude** is the force of an impact. Some of the craters on the moon are deeper than others from a more forceful impact.



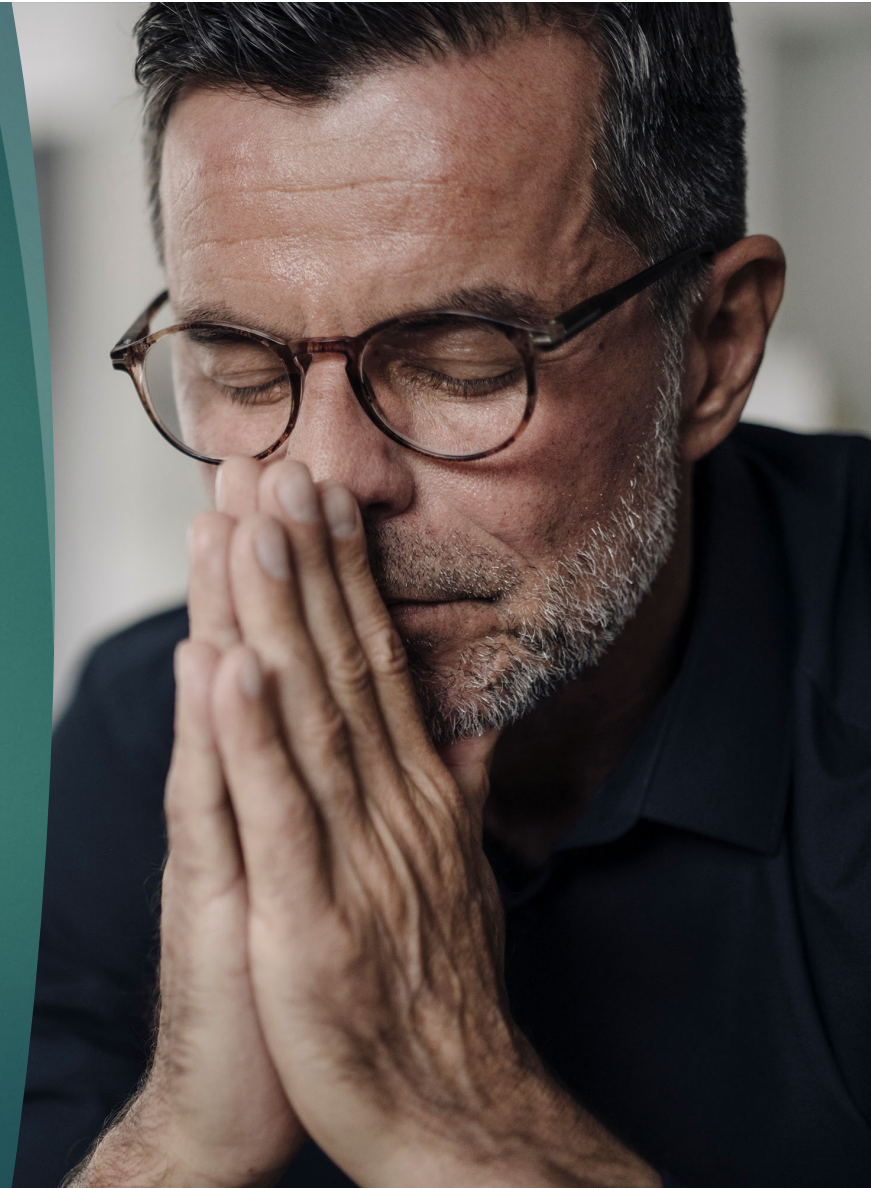
Understanding Impact & Magnitude

- ▶ Like a stone that is tossed into a pond causes a continuous ripple effect in placid waters, the crime did the same upon many victims.
- ▶ ***Crimes never have only one victim.***



Understanding Remorse

- ▶ **Remorse** is defined as a gnawing distress arising from a sense of guilt for past wrongs.
- ▶ In the context of criminal rehabilitation, the incarcerated individual is remorseful when s/he possesses **empathy** and makes **amends**. One leads to the other.
- ▶ Empathy is experienced by placing oneself in the position of the victim and their family members. It comes into focus when the incarcerated individual views their commitment offense through the eyes of their victim(s).



Understanding Remorse

- ▶ As noted previously, genuine remorse has two components: **empathy** and **amends**. The latter is a natural extension of the former.
- ▶ Many people seek to make amends without ever having empathized with their victim(s) or considered what they endured.
- ▶ It's necessary to understand the pain and suffering from the victim's perspective. Only then will they begin to develop true empathy. The desire to make amends will follow.

Understanding Remorse

Amends

- ▶ There are three types of amends: **direct** amends, **indirect** amends, and **living** amends.
- ▶ **Direct** amends often comes in the form of writing a letter of apology to the victim(s), or directly apologizing and taking responsibility.
- ▶ **Indirect** amends is helping, or assisting (e.g., with time or money) people who are in as close a position as the victim(s).
- ▶ **Living** amends is giving back by how the person lives their life—their very manner of living.



Understanding Causative Factors

- ▶ The term **causative factor** is synonymous with **character defect**, and in the context of criminal rehabilitation it is defined as a defective character trait that produces negative actions and/or criminal behaviors.
- ▶ Accordingly, causative factors or character defects are **internal**.
- ▶ Character defects are actually character **liabilities**. In accounting terms, the opposite of a liability is an **asset**.

Understanding Causative Factors

- ▶ The incarcerated individual must be capable of discussing how each defect individually and collectively led to their crime(s). As well, identify each as a primary or secondary causative factor for that crime.
- ▶ Yes, there are at least **primary** and **secondary** defects of character (aka, causative factors) for any criminal act. A deep and comprehensive analysis could easily produce three or more degrees of connection to a person's criminal motivation.



Understanding Causative Factors

- ▶ Practically every incarcerated individual cites **Low Self-Esteem** as one of their character defects.
- ▶ In one example, a man who became a feared street gang member and ultimately murdered two rival gang members with a gun identified **low self-esteem** as a **primary** character defect.





Understanding Causative Factors

- ▶ To be successful and prepared:
- ▶ The incarcerated individual should write each identified character defect at the top of the page such as in a composition notebook.
- ▶ Next to each one indicate whether it is a **Primary** or **Secondary** character defect for their crime(s).

Understanding Causative Factors

Example:

- ▶ Alcohol abuse was an issue in my home growing up. I had a father who was an alcoholic and a mother who was just as bad. Whenever either of them became stressed out for any reason, they would start drinking. Typically, they would engage in heated discussions that soon devolved into drunken arguments. **I learned that alcohol was a coping mechanism to ease the stress of life and pressures in the home.**
- ▶ Here is the transmission of the character defect **Distorted Belief:** *alcohol is a coping mechanism to ease the stressors of life.*
- ▶ The anecdote above forms a portion of the **Statement of Insight into Causative Factors.**

Understanding Causative Factors

- ▶ Although the Statement of Insight Into Causative Factors will expose parts of the incarcerated person's life, it **IS NOT** their Life Story.
- ▶ It is strictly the means by which they identify each character defect's origin and reinforcement in their life up to and including the life crime and/or their turning point.
- ▶ Thus, it is actually the **Life Story Of Character Defects**.



Understanding Causative Factors

▶ *Turning Point*

- ▶ In understanding the four elements of Insight, everything begins with the **turning point**. This is when they experience the *Aha!* moment and the defects begin to be replaced with assets and rehabilitation occurs.



Understanding Causative Factors

- ▶ This is true INSIGHT!
- ▶ This is what we teach!
- ▶ Freedom will be awaiting them.



Successful Parole Board Portfolios



At the very minimum, Parole Board Portfolios should contain:

Statements of Insight: Responsibility, Impact & Magnitude, Remorse, and Causative Factors

Support Letters

Apology Letters

Parole Plans

Relapse Prevention Plan(s)

Educational/Vocational Upgrades

Self-Help Programming & Participation

Criminal Rehabilitation



Nick Woodall, President & CEO

POSSE Solutions, LLC
1500 McLean St. #346
Ridgecrest, CA 93555

Learn more at www.possesolutions.com

Email: info@possesolutions.com

Ph: (213) 572-6227