

Correctional Counseling

[Name of the writer]

[Name of the institute]

## Correctional Counseling

### **Introduction**

Life is beautiful! But, there are certain incidents that occur in our lives that urge few of us to take actions that are illegal and are considered as crime. In order to protect the society from harms and such illegal activities there is a system to give punishment to the criminals. For the provision of punishment criminals are kept in isolation in correctional settings. The time period that these criminals spend in prison cause a great deal of impact. As they remain in isolation so, there are scores of problems that affect them. Such problems include frustration, psychological problems, education discontinuation, mental and physical problems. In order to deal with these causes and to keep them fit and healthy so that they can go back to society and contribute their role there is a program of correctional counseling. The aim and objective of this essay is to undertake discussion about correctional counseling from variegated facets.

### **Discussion**

With the help of both prison and community based settings the concept of correctional counseling and treatment has undergone drastic changes. The concept of correctional counseling involves education and vocational programs, religion, healthcare and recreation. A number of intervention strategies are used in correctional counseling. These different intervention strategies include cognitive therapy approaches, family therapy approaches, and group work. Problems such as antisocial, sex offenders and substance abuse are also the part of the correctional counseling. Within the caseloads of the correctional counselors, the responsibility to deal with the issues and problems of offenders with special needs such as disabled, offenders who are

suffering from HIV/AIDS and the elderly and terminally ill patients are also included (Patricia, Michael and David, 2009).

Advantages that inmates get from these counseling therapies are innumerable. Prisoners get all their problems and issues solved through these counseling therapies and get ready to be the part of the society in a healthy and productive way. Provision of counseling therapies to the prisoners during the time that they spend in prison also makes them strong to complete the sentence period. For the provision of the counseling therapy to inmates in an effective and efficient way it is imperative that the counselors must first properly analyze the situation and condition of the inmates and suggests a program that is appropriate and suitable for them. In addition to the specific counseling therapy another factor that is also important is the attitude and behavior of the counselor. A counselor also plays an indispensable role in the provision of counseling therapy to inmates (John, Mark and Michael, 2008).

The provision of counseling to inmates helps them in dealing with the issues of stress and frustration. But, an important aspect that should be taken into consideration is problems that impede the smooth and effective provision of counseling therapy to inmates. Such problems include overcrowding in prisons, increase in the caseloads, conflicts due to ethnicity and racism, unavailability of support by institutions and agencies, issues related to confidentiality and stress and burnout (Key, 2012).

### **Conclusion**

On the basis of the discussion, it can be concluded that correctional counseling is an imperative and significant procedure that is available to the inmates. This is a concept that makes the process of reentry of inmates in society easy and smooth. On one hand, where this process of

correctional counseling is providing a number of advantages to inmates but, there are also some problems that correctional counselors confront with. Government and correctional agency should take steps to solve these problems so that effective and efficient provision of counseling should be made.

**References**

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