



# Facilitating Opportunities for Self-Determination

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## William's Experiment

## Objectives

### Understand

The concept of self-determination and its effect on therapeutic alliance and client outcomes



### Identify

Unique barriers to self-determination for clients who have had interactions with the forensic system




### Share

Strategies to facilitate opportunities for self-determination in institutional and community settings

## What is self-determination?

- ▶ The process by which a person controls their own life
- ▶ Innate needs that are basis of motivation and identity (Ryan & Deci, 2000)
  - ▶ Competence
  - ▶ Relatedness
  - ▶ Autonomy



## The “Rational Actor”?

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Many decisions are implicit rather than consciously considered

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Decisions are not always planful

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Immediacy rather than a balance of cost and benefits

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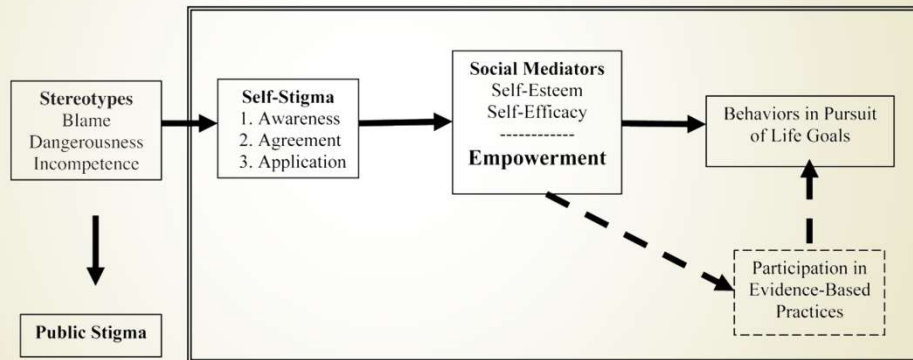
Emotional factors have an important role in health decisions



## The “Why Try” Effect

(Corrigan, Larson, & Rüsck, 2009)

Empowerment is a positive mediator between self-stigma and goal attainment




Power and powerlessness

Community Activism

Righteous anger about discrimination

Optimism and control

Empowerment



## Empowerment and Collaboration

### ▶ **Self orientation**


- ▶ Related to level of functioning and social support
- ▶ Sense of self-efficacy
- ▶ Positive self-esteem
- ▶ Optimism about the future



## Empowerment and Collaboration


### ▶ **Community orientation**

- ▶ Related to resources, verbal intelligence, and ethnicity (non-white groups more likely to endorse community orientation)
- ▶ Interest in community action
- ▶ Lack of feeling powerless
- ▶ Confidence in effecting change



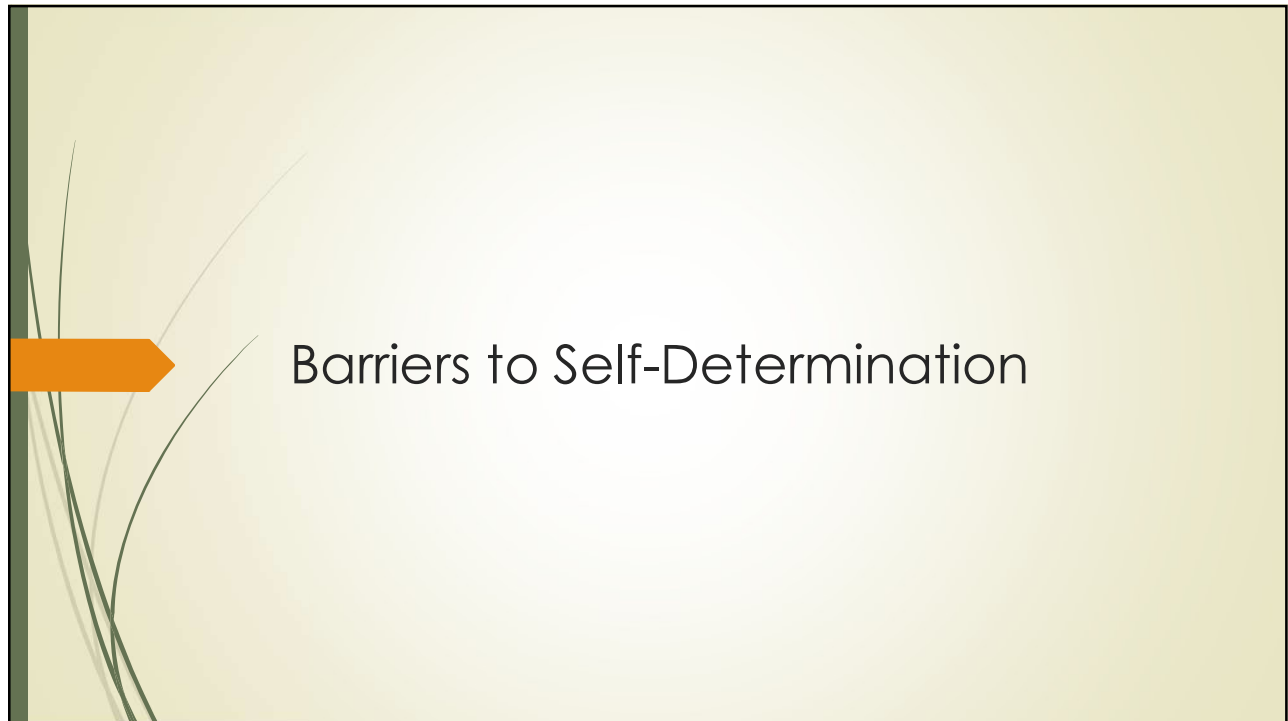
## Effects of stigma

- ▶ Some internalize stigmatized message and experience diminished self-esteem and lowered self-efficacy
- ▶ Others are energized by the same stereotypes
  - ▶ **Increased pursuit of goals**
  - ▶ **More active role in treatment**
- ▶ Two factors explain this different response
  - ▶ Viewing stereotype as legitimate
  - ▶ Development of positive identity as part of stigmatized group



“The message that I can succeed because of my gender, not despite it, because of who I am without being afraid of who I am is a human message.”

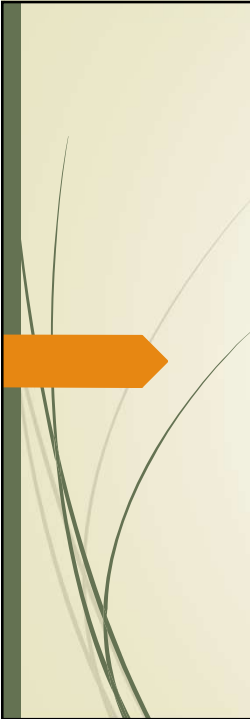
Danica Roem, The first openly transgender individual to be elected and serve in a state legislative body



# Barriers to Self-Determination



Obstacles to pursuing primary human goods	<p>Relationships and Friendships</p> <hr/> <p>Restrictions on meeting or reconnecting with friends</p>
	<p>Living and Surviving</p> <hr/> <p>Unemployment and monetary constraints</p>
	<p>Independence</p> <hr/> <p>Various restrictions (formal and self-imposed)</p> <hr/> <p>(Harris, Pedneault, &amp; Willis, 2017)</p>



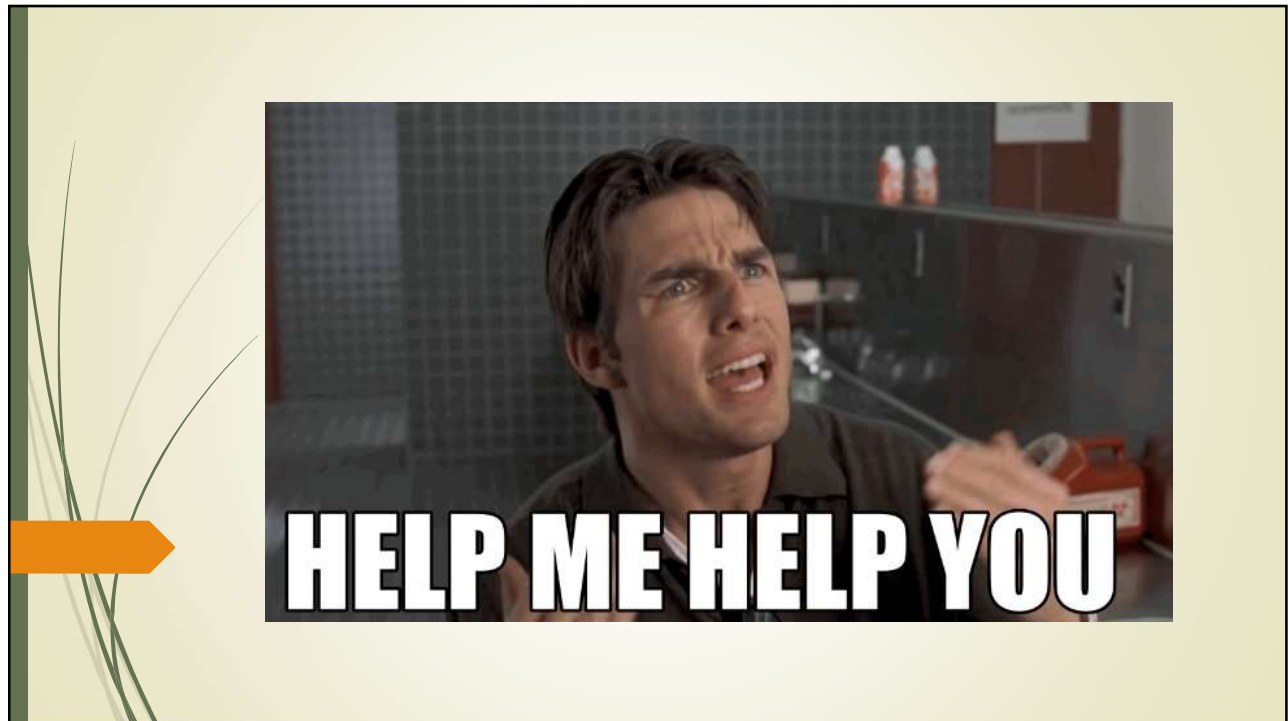
What are some of the restrictions on self-determination your clients experience?



## Countertransference

- ▶ What happens to us when our clients have a pervasive lack of self-determination?
- ▶ What happens when they have a perceived lack of self-determination?
  
- ▶ Pathological altruism
- ▶ Empathic over-arousal





Facilitating Opportunities for Self-Determination

## Treatment Matters

- ▶ "...one domain in which they did report experiencing mastery was through their participation in treatment."
- ▶ Learning and knowing "was achieved specifically through mandatory sex offender treatment."
- ▶ "Overwhelmingly, participants found a sense of community and belonging in their treatment group..."

(Harris et al., 2017)

## Fostering empowerment



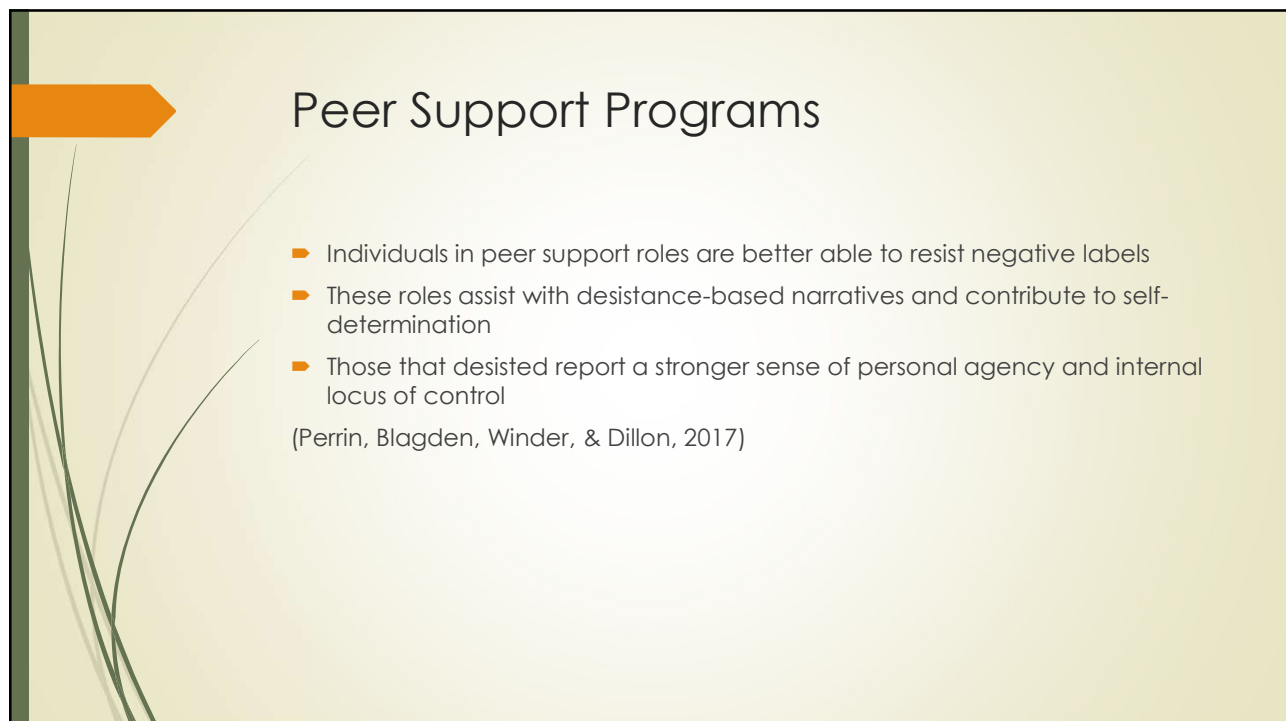
(Corrigan et al., 2009)



Addressing Environmental Barriers

- 01 Professional education
- 02 Policies that promote recovery
- 03 Convenience and immediacy

(Corrigan et al., 2012)



Peer Support Programs

- Individuals in peer support roles are better able to resist negative labels
- These roles assist with desistance-based narratives and contribute to self-determination
- Those that desisted report a stronger sense of personal agency and internal locus of control

(Perrin, Blagden, Winder, & Dillon, 2017)

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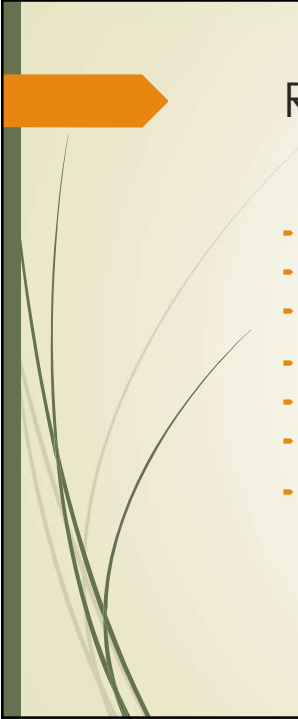
I see this as, you know, a stepping stone in my life, of . . . how I've been in my past, how I am now, and how I want to be in the future . . . and I'm making the right choices now to make that first stepping stone even easier . . . that's the key thing . . . taking each day as it comes and being able to support people and get support. It's helped with that stepping stone . . . and given me more positivity in life, more hope . . . and more realistic goals to reach, you know, and making that difference inside here, and making a difference when I get outside, it's gonna be a big thing. And that's thanks to the support and the mentoring scheme that we have here.

”

What are ways that you can facilitate opportunities for self-determination?



## What happened to William?



## References

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