

Facility: Fulham Correctional Centre
Media: Gippsland Times & Maffra Spectator, Sale VIC
Published Date: 28 May 2013

Behavioural change at Fulham prison

SIX prisoners at Fulham Correctional Centre graduated from a nine-month, high intensity behavioural change program on Friday, May 17.

Described as rigorous by Fulham Correctional Centre's operator GEO the program was facilitated by two highly experienced social workers who worked full time on the program.

The program has previously been delivered in other prisons in the state and has been found to have a positive effect on reducing recidivism.

It is the first time that this particular program has been delivered at Fulham and GEO management said it demonstrates their commitment to contributing to safer communities through meaningful interventions.

The behavioural change program is based on cognitive behavioural therapy, which is an evidence-based therapy

that challenges the way participants think about life.

It develops skills in identifying unhelpful thinking patterns that can sometimes emerge very quickly, leading to impulsive behaviour, especially in highly stressful situations.

It involves looking at lifestyle patterns that are congruent with criminal behaviour, working through the offending behaviour in detail, and victim awareness.

A lot of work was done with participants to help them understand the ripple effect of their offending.

Prison operator GEO believed through the delivery of better correction there could be positive outcomes and transformations in participants' lives.

The graduation certificates were presented by Wellington Shire mayor Scott Rossetti, with GEO acting general manager Dom Karauria in attendance.



Wellington Shire Mayor Scott Rossetti, prisoner, (partly obscured) Fulham Correctional Centre senior psychologist Sarah Schluter and FCC social workers Edward Kamanyi and Patrick Horgan. Photo: Contributed