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RECOMMENDATIONS
for creation of

**A COMPLEX REHABILITATION SYSTEM FOR
PRISONERS AND FORMER PRISONERS**

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Preamble

Prison is a place of execution of sentence. However, the question is whether a punishment or fear of punishment can contribute to prevention of law violations.

As the experience of the Soviet prisons shows, the most horrible and cruel system of punishment did not justify itself from this viewpoint. On the contrary, the would-be “Education” and “Correction” system containing elements of violence contributed to criminalization of the prison population and prison system in general, creation the grounds for violence of prison hierarchy under the slogan: ”survival of the strongest”.

Proceeding from the above, the crucial objective of the prison system should be use of prisons as rehabilitation institutions, which implies a drastic reform of approach to prisoners and creation of humanity-based rehabilitation services for prisoners and former prisoners

Such drastic changes of the prison system should consider the following circumstances:

1. Based on the common opinion saying that imprisonment has an adverse effect on prisoners’ mental condition, being a restraint of personal natural liberty, resulting in growth of aggressiveness, straining the prison situation in general and causing tension and stress both among prisoners and prison personnel;

2. Considering that the majority of prisoners come from the poorest sections of society, with a negative experience of childhood and life prior to imprisonment, such as:

- Hard childhood: domestic violence, physical, sexual and emotional humiliation or indifference and neglect by parents and society.
- Lack of proper education and intellectual development.
- Lack of social protection institutions and possibility of psycho-social support.
- Experience of use of drugs, alcohol and toxicomania
- Emotional imbalance, suicide and self-mutilation attempts.
- Health problems and unavailability of qualified medical aid
- Difficulties of socialization and interpersonal attitudes; Problems of realization of natural human requirements: self-assertion and self-expression which, due to the closure of society to such destitute and traumatized sections of the population, vent themselves in an alternative, asocial way.

The combination of these factors causes asocial development of a personality.

3. Taking into account the natural and inherent negative factors of imprisonment, such as:

- Necessary isolation restraining freedom of choice and personal autonomy
- Monotonous prison life and lack of choice of new possibilities and limited information.
- Restraints in intimate life, contacts with family, partner and society on the whole.
- Permanent feeling of control (regime, personal search etc.)
- Long-term or life imprisonment
- Feeling lack of prospects and loss of meaning of life
- Internal personality conflict concerning the course of life and what was done.
- A wrong and often understated self-appraisal with internal destructive feelings and tendencies.

The above-mentioned factors cause loss of interests and lower the motivated activity, contributing to development of emotional disturbances and apathy.

4. Serious negative factors of imprisonment, which are especially typical of the post-Soviet space, include:

- Overcrowded prisons
- Poor living conditions of prisoners, unsatisfactory sanitary conditions and depressing situation
- Insufficient and unvaried food
- Insufficient of medical and psycho-social support
- Criminal-hierarchal system and violence (physical, psychological, verbal and sexual aggression) in prisons
- Lack of feeling secure
- Lack of useful labor
- Access to illegal drugs and alcohol

- Excessive personal autonomy restraint due to overcrowded prisons and wrong, oppressive standards of living. It is especially important to note the role of operations service and various institutions of agent planting, restraining the personal autonomy. These factors make seclusion, reflection and relaxation impossible for prisoners and contribute to growing interpersonal tension, irritability and aggressiveness
- The extremely high distrust coefficient caused by the presence of operations services, agents and lack of trust with respect to personality contribute to development of the so-called prison (K. Jaspers)
- The opposition attitude toward the prison personnel is due to the inertial mechanism of the past subordination of prisons to the police system.
- Lack of trust in and authority of judiciary and investigation systems due to the high level of corruption and inhuman treatment of prisoners of these institutions, with a limited possibility of fair court.
- Incorrect approach to prisoners, which is expressed in the institution of “Educator” and the general approach of “Parent-Child”.
- Noteworthy is the high rate of victims of torture and inhuman, degrading treatment and punishment in post-Soviet prisons, since it is universally recognized and beyond doubt that tortures and similar inhuman treatment results in actually 100% psycho-physical disturbances which, if not cured and rehabilitated, may lead to severe personality disorders.

5. Important is to highlight the negative factors contributing to criminalization after jail release:

- Negative, non-tolerant attitude of society to prisoners and former prisoners, with attaching a permanent label of criminal and permanent distrust
- Persecution by some services after release from prison
- Problems with social security and employment
- Difficult psychological integration in society

The aforementioned complex of negative stress factors having a negative effect on a person as a whole, upsetting and destabilizing the emotional-psychological equilibrium, which ultimately results in weakening and exhaustion of protection psycho-physical mechanisms and decreasing the general reactivity, causes complex problems of the psychical, medical and social nature requiring special attention and urgent solutions

Psychically, these problems manifest themselves in various emotional and behavioral disorders expressed in stress and stress-related disorders, adaptation and psychosomatic disorders, personality disorders after severe psychical traumas such as tortures. These disorders often lead to uncontrolled behavior, suicides and parasuicides, self-mutilation and various manifestations of aggressiveness.

In general medical terms, the weakening of the protective immune system of the organism, which promotes, by psychosomatic mechanisms, easy development of various infectious diseases (e.g. tuberculosis) and other diseases with the apparent chronic character. Here is important to note that torture victims often show specific chronic disorders which require rehabilitation measures without fail.

Socially, there are problems with adaptation, contacts, decrease in emotional resonance and tolerance, higher aggressiveness and cruelty levels, behavioral disorders, often of the asocial character.

A complex of such negative factors contributing to development of tense relations between prison personnel and prison inmates, between prison inmates and society in general result in formation of the “Image of Enemy” and hostile relations – “We and They”; contribute to criminalization of prisons, thus undermining the security system in prisons and in entire society.

Proceeding from the above, creation of a State Complex Rehabilitation System for Prisoners and Former Prisoners is of special importance, the critical objective of such System will be a complex rehabilitation of the person and prevention not only diseases but also criminalization of prisons and society as a whole.

Based on the consideration that mental and physical health as well as socialization and social integration level are of special importance for the normal and adequate functioning of a person, the critical objective of rehabilitation should be a complex multidisciplinary approach and complex measures for rehabilitation and further normal functioning of a person.

Considering the aforementioned arguments;

Considering the provisions of the relevant international documents, in particular,

Considering the main provisions of the U.N. Universal Declaration of Human Rights;

Considering the provisions of the U.N. International Pact on Economic, Social, Cultural, Human Rights;

Considering the main provisions of the U.N. Minimal Standard Rules of treatment of Prisoners;

Considering the provisions of the Convention on Human Rights of the European Social Charter and Convention on Human Rights and Biomedicine;

Considering the provisions of the European Convention on Prevention of Torture and Cruel, Inhuman Treatment and Punishment and Recommendations on Medical Services in Prisons in the 3rd General Report on Activity of the European Committee for Prevention of Torture and Cruel, Inhuman or Degrading Treatment or Punishment

Referring to Recommendation № R (87) 3 with respect to the European Prison Rules;

Considering Recommendations 1235 (1994.) with respect to psychiatry and human rights and 1257 (1995) with respect to living conditions in prisons in the Council of Europe member states, prepared by the Parliamentary Assembly of the Council of Europe;

Referring to the Principles of Medical Ethics for Protection of Persons Being in Custody from Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment adopted by the U.N. General Assembly in 1982;

Referring to concrete Declarations of WMA with respect to medical ethics, Tokyo Declaration (1975);

Being guided by the principles of Recommendation № R (98) 7 of the Council of Europe Concerning Ethical and Organizational Aspects of medical Services in Prisons (1998.);

Being guided by the Principles of WHO Agreed Declaration On The Strengthening of Mental Health in Prisons (1998);

Being guided by the universally accepted principles of medical and psycho-social rehabilitation in social psychiatry

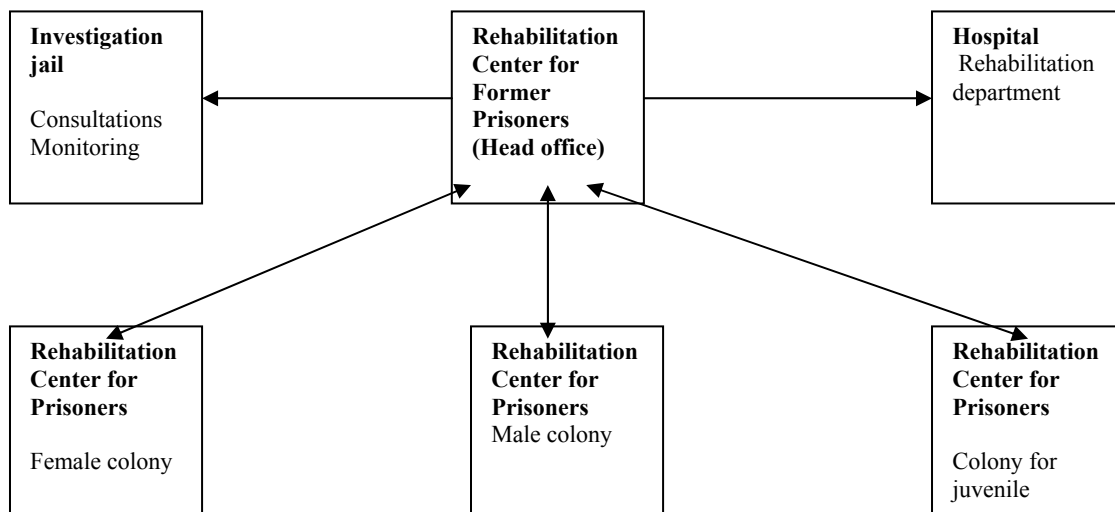
We have developed the main principles and recommendations for creation of a State Independent Complex Single Rehabilitation System for Prisoners and Former Prisoners.

- Creation of this system involves active assistance of various state and non-governmental institutions, in particular, the health care and social security systems, prison system and state human rights institutions.
- In creation and operation of such system, special attention should be attached to professional and NGOs and public at large.
- Noteworthy is that such system should be independent, separate and uniform for prisoners and former prisoners.
- Important is that such system should be staffed only with civilians
- Creation of such single complex system includes setting up and introduction, within the prison system, of Centers of Medical and Psycho-Social Rehabilitation for prisoners and former prisoners, also providing services to members of their families and to personnel of colonies and prisons.
- Considering the multidisciplinary character of the rehabilitation measures, in particular, psychical, general medical and social ones, these institutions should be operated by a multidisciplinary team of skilled specialists.
- Considering the special importance of mental health for the normal and adequate functioning of a person, such rehabilitation system shall be managed by psychiatrists working in social psychiatry, in particular in the area of medical and psycho-social rehabilitation.
- The aforementioned system should be coordinated with the Ministry of Health and Social Affairs with the assistance of other state structures which prisoners and former prisoners have close contacts with

Complex Rehabilitation System for Prisoners and Former Prisoners

The Complex Rehabilitation System for Prisoners and Former Prisoners involves setting up a Center for Medical and Psycho-Social Rehabilitation for Prisoners and Former Prisoners, including setting up and introduction, within the prison system, of Centers of Medical and Psycho-Social Rehabilitation, in particular, setting up such Centers in each colony, establishing a rehabilitation department based on the Central Prison Hospital, regular multidisciplinary monitoring and consultations in places of preliminary confinement; setting up a Rehabilitation Center for former prisoners outside the prison system, having the coordinating and managing the entire rehabilitation system for prisoners and former prisoners.

Diagram of Rehabilitation System



Center for Medical and Psycho-Social Rehabilitation for Prisoners and Former Prisoners

I. Main goals

- Full complex rehabilitation in general (prisoners and former prisoners).
- Medical and psycho-social rehabilitation of prisoners, above all, torture victims, suicidally inclined persons and persons inclined to self-mutilation, persons with personality disorders, aggressive behavior, drug and alcohol abuse experience, chronic medical problems as well as persons with various individual and general current psycho-social problems.
- Prevention of morbidity and chronicity of psych-physical disorders; prevention of suicides and self-destructive or destructive behavior.
- Improvement of adaptation of this contingent and preparation and support in readaptation and resocialization after release from prison..
- Support of family members of prisoners and former prisoners and their inclusion in rehabilitation measures for general improvement of family health condition.
- Support and consultation provided to prison personnel for conflict resolution and general improvement of the situation in prisons.
- Development of recommendations on establishing proper mutual relations with prisoners and former prisoners for prison personnel and for various state structures which this contingent has close contacts with.
- Development of a system of petitioning state institutions for consideration of individual cases for pardoning some prisoners who underwent a rehabilitation course.
- Including such centers in the Grant of Parole Commission with a recommendation-consultation function.

- Issue of recommendations to former prisoners for their employment
- Issue of opinions on psychophysical conditions of prisoners and former prisoners at a request of this contingent.
- Prevention of criminalization of society on the whole
- Participation in law-making activity with respect to prison reform.

II. Main objectives and Measures to be Implemented

1. Studying the problems of prisoners and former prisoners

Includes:

- A. Studying the problems of psychophysical health, psychological and social problems of prisoners and former prisoners.
- B. Studying the problems of mutual relations in prisons.
- C. Studying the general problems of prisons.
- D. Studying the family problems of the target contingent.
- E. Identifying the main priority groups for rehabilitation.

2. Medical –psychological rehabilitation

A. Psychotherapy

Main goals and objectives of psychotherapy:

1. Familiarization with the main objectives and principles of psychotherapy, awareness of psychological problems of this contingent and results which may be included in psychotherapy.
2. Achievement and studying of realization and improvement of concentration of attention.
3. Achievement of contact based on mutual trust.
4. Release – release from emotionally-packed childhood experience and personal traumas of the mature age – Catharsis.
5. Achievement of dissociation from stress in cases of painful obsessions – “Vitaly Important Stress Events” (tortures, rape etc.).
6. Development of self-analysis ability.
7. Self-awareness - "Who am I" (self-understanding) and awareness of various aspects of personality with further appealing to positive aspects of personality (self-development).
8. Improvement of adaptation through awareness of psychological causes and mechanisms of interpersonal conflicts and problems of interpersonal attitudes in general, finding the ways to solution of these problems and realization of these possibilities.
9. Awareness of the Aggression phenomenon and transformation of aggressive energy to constructive one.
10. Revealing of hidden unused abilities and finding the ways to their realization
11. Achievement of "Repentance" and "Forgiveness" through personal spiritual development and revaluation of value systems.
12. Construction of alternative future and finding resources for implementation of new life courses.

Methods of psychotherapy: Individual, group and family of psychotherapy.

B. Psychological consultation

1. Identification and discussion of psychological problems of interpersonal attitudes: "Prisoner- Prisoner ", " Prisoner – Colony personnel", " Prisoner - Family", " Prisoner - Society".
2. Psychocorrection of behavior.
3. Development of correct psychological attitudes to problems of prisoners. Development of attitudes "Adult – Adult”, according to E Bern (Transactional analysis).
4. Awareness of "Responsibility" and "Right", both in the contingent of prisoners and former prisoner and in personnel, family members and , as far as possible, in society.
5. Conflict resolution through facilitator activity and defusing tension.

C. Art therapy

Main goals and objectives of art therapy:

1. Revealing of personal hidden psychological problems.
2. Release from affective emotions.
3. Transformations of aggressive energy to constructive one. Psycho-emotional relief.
4. Development of personal culture and elevation of personality, development of taste for arts
5. Development of personality, development of ideas and abilities in future.

Methods of art therapy: Drawing and work with clay; dance therapy and group work of amateur performance group; Bibliotherapy – reading and discussion of literary, psychological and religious works, music therapy, watching films with subsequent discussion with a psychologist etc.

D. Medical rehabilitation

1. Revealing medical problems of prisoners and consultations provided by different specialists, above all, psychiatrist and neurologist and general practitioner.
2. If necessary, discussion of medical problems with medical workers of colonies and Medical Department of the Ministry of Justice for rendering further special medical aid.
3. Former prisoners will be recommended, if necessary and upon discussion with the Ministry of Health, for free special medical treatment (in case of tuberculosis, oncological diseases, mental disorders requiring hospital treatment, diseases requiring surgical operation; in case of drug addiction and alcoholism, hospital treatment will be also discussed with the Ministry of Health and other governmental and non-governmental structures).
4. Physiotherapy and medical massage are especially important in rehabilitation of torture victims and persons having some chronic diseases.
5. various kinds of sports and physiotherapy exercises for keeping fit and rehabilitation

3. Social Rehabilitation

Main goals and objectives:

1. Identification of social problems of prisoners and former prisoners and assistance in their solution.
2. Activating the sphere of interests and assistance in implementation of created initiatives: various types of programs for further assistance in employment.
3. Organization and conducting of trainings for personnel of prison colonies for development of correct mutual relations with prisoners.
4. Setting up a group of mutual assistance among prisoners and former prisoners and assistance in functioning of these groups (in formation of clubs, small business initiatives etc).
5. Rendering assistance for mastering new professional skills which will help to find job after release, for instance, computer class and foreign language class etc.
6. Preparation of educational programs in Colony for Juvenile Offenders and facilitator activity for sending such children to the existing children's homes after release, such facilitator activity will be carried out jointly with the church
7. Legal protection in monitoring and in case of violation of the rights of this contingent, with further active inclusion of former prisoners in programs of legal protection of prisoners and various human rights movements.
8. Legal consultation will be provided to a client, if necessary.
9. Assistance in strengthening ties with family and society as a whole, and, for this purpose, conducting various social events (concerts, exhibitions etc.), with this contingent, members of their families and public to be actively involved.
10. Facilitation and assistance in contacts with religious institutions, considering individual religious denominations.
11. For the purpose of decriminalization, above all, women and children being in the criminal environment before imprisonment and having the possibility of return to the same environment after release, setting up refuges under the rehabilitation system.

4. Hotline

Goals and objectives

1. Revealing human rights violations in prisons and colonies.
2. Revealing urgent crises and problems of this contingent.
3. Urgent medical-psycho-social consultations.

III. Basic Principles of Operation of the Center

1. To achieve a friendly contact based on mutual trust, the following is important:

- A) Empathy and tolerance.
- B) Ability to listen.
- C) High tolerance.
- D) High confidentiality.

2. Freedom of choice

- A) Voluntary involvement in rehabilitation.
- B) Free choice of measures.
- C) Anonymous participation, at will.
- D) Free choice of general practitioner, which is possible due to the diversity of rehabilitation measures and availability of a multidisciplinary group of specialists

3. Full awareness

Includes:

Prisoners' or former prisoners' full awareness of the purpose of rehabilitation measures.

4. Main approach to this contingent

- A) Equitable relations "Client – Physician" based on Erik Bern's "Adult -Adult" principles.
- B) Existential approach implying breaking the identification of "Criminal" and "Personality".

IV. Working Multidisciplinary Group

Based on the complex approach to rehabilitation problems of this contingent, it's necessary to set up a multidisciplinary group for working in the rehabilitation system for this contingent, which will include different professionals:

- Psychiatrist
- Psychotherapist
- General practitioner
- Medical consultants: neurologist etc., as required
- Pphysiotherapist
- Msseur
- Terapeutic physical trainer
- Psychologist experienced in conflict resolution
- Art therapist
- Social worker experienced in rights of prisoners and human right in general
- Legal counsel
- Teachers for various, above all for children's educational programs

Especially important is that specialists of the multidisciplinary group should be from civil services and be subordinate only to independent rehabilitation service.