





THE GOOD LIVES MODEL

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1

What is the Good Lives Model?

-  It is a theoretical approach to working with all types of offending behavior
-  Strengths based model that is a positive and motivational approach to treatment
-  It is NOT a stand-alone program but implemented in the context of RNR programs

2

Basic Foundations

GLM presupposes that people commit sexual offenses because they lack the opportunity an/or ability to acquire important things in life

Sexual offending occurs when various personal , physiological and social conditions lead the person to achieve their goals through offending behavior.

3

Principles of GLM

- A good life is attained by
 - Understanding what is important to the client*
 - Helping a client obtain these important goods.*



4

Primary Human Goods



- GLM assumes that all people, including those who sexually offend, are goal directed and seek experiences, outcomes and states of being in their daily lives.
- These are termed Primary Human Goods
- Now called Common Life Goals (2012)

5

Common Life Goals

• Life	• Friendship
• Knowledge	• Community
• Excellence in play and work	• Spirituality
• Excellence in agency	• Happiness
• Inner peace	• Creativity



6

Secondary Goods

- Specific and concrete ways individuals attempt to obtain Common Life Goals or Primary Goods



7

Therapist's Role in GLM

- Help determine the primary goods/common life goals that are important to the individual
- Reinforce the importance of those goals
- Help the client overcome barriers to obtaining goals
- Understand the relationship of primary goods to offending behavior and other life problems
- Build the client's capacity to attain these goods in socially acceptable, non-offending ways.

8

The Good Life Plan

- An individual's roadmap to a fulfilling and well-balanced life.



9

Flaws in our Good Lives Plan

- Means used to obtain goods
Individual uses inappropriate or harmful means to obtain goods
- Lack of Scope in Good Lives Plan
Plan is too narrow, with important goods left out
- Conflict among Primary Goods
Conflict exists between two common life goals and/or how the individual goes about obtaining them
- Lack of Internal or External Capabilities
Individual lacks the skill or opportunities to obtain primary goods or common life goods

10

Good Lives Model

- Focuses on Approach Goals
- Must be a balance between risk management avoidance goals and active approach goals to meet needs
- "Promoting goods without managing risk will potentially result in clients who are happy and well-adjusted, but who remain dangerous and at risk to re-offend. Conversely, attempting to manage risk without concern for goods promotion or well-being could result in punitive therapist practices and could bring about disengagement and lack of motivation on the part of the client." (Gates, Prescott, & Ward, 2010)

11

What does the Better Lives Model Look Like in Practice?

- Includes comprehensive assessment
- Uses CBT and social learning
- Focuses on skills acquisition and rehearsal
- Enhances motivation
- Targets raising awareness and building skills and strategies that address dynamic risk factors such as
Intimacy deficits, sexual self-regulation, general self-regulation, and more

12

Common Life Goals

- Life
- Knowledge
- Excellence in work and play
- Excellence in agency
- Inner Peace
- Friendship/Relatedness
- Community
- Spirituality
- Happiness
- Creativity

- Life: Living and Surviving
- Knowledge: learning and knowing
- Being good at work and play
- Personal choice and independence
- Peace of Mind
- Relationships and friendships
- Community: Being part of a group
- Spirituality: having meaning in life
- Happiness
- Creativity

13

Life: Living and Surviving

<p>DEFINITION</p> <ul style="list-style-type: none"> • Healthy living and functioning • Meeting basic needs 	<p>MEANS</p> <ul style="list-style-type: none"> • Income to meet basic needs • Healthy nutrition • Physical activity • Health care • Safe housing and other needs for physical survival
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14

Learning and Knowing

<p>DEFINITION</p> <ul style="list-style-type: none"> • Desire for information • Desire to understand self • Desire to understand the world 	<p>MEANS</p> <ul style="list-style-type: none"> • School, training, vocational training • Self development books /study • Treatment • 12 step • Reading • Journaling
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15

Being Good at Work and Play

<p>DEFINITION</p> <ul style="list-style-type: none">• Mastery in work and leisure 	<p>MEANS</p> <ul style="list-style-type: none">• Sports• Hobbies• Work training/certifications etc.
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16

Personal Choice and Independence

<p>DEFINITION</p> <ul style="list-style-type: none">• Desire of autonomy, choice and independence• Desire to formulate own goals	<p>MEANS</p> <ul style="list-style-type: none">• Formulates and implements plans to achieve goals• Engages in activities to ensure self sufficiency• Asserts self and needs with other , communicates
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17

Peace of Mind

<p>DEFINITION</p> <ul style="list-style-type: none">• Emotion regulation• equilibrium 	<p>MEANS</p> <ul style="list-style-type: none">• Strategies to manage impulsivity• Coping skills for emotional distress
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18

Relationships and Friendships

DEFINITION

- Desire to establish bonds with others
- Intimate, family or romantic relationships

MEANS

- Engage in social or other activities that facilitate meeting new people
- Spend time with friends
- Give and receive support
- Healthy intimate relationships

19

Community: Being part of a group

DEFINITION

- Desire to be connected to similar social groups



MEANS

- Participate in community activities
- Volunteer
- Membership in groups with similar values
- Helping others when there is need

20

Spirituality: Having Meaning in Life

DEFINITION

- Desire for meaning and purpose in life
- Sense that you are part of a larger whole



MEANS

- Formal religious services
- Meditation/prayer
- Study spiritual materials


21

Happiness

<p>DEFINITION</p> <ul style="list-style-type: none"> • State of being of overall experience of being content in life • Pleasure 	<p>MEANS</p> <ul style="list-style-type: none"> • Activities that provide <ul style="list-style-type: none"> <i>Sense of satisfaction</i> <i>Sense of pleasure</i> <i>Sense of meaning or purpose</i>
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22

Creativity

<p>DEFINITION</p> <ul style="list-style-type: none"> • Desire for novelty or innovation 	<p>MEANS</p> <ul style="list-style-type: none"> • Artistic or creative endeavors • Engaging in new or novel experience.
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23

When things go Wrong

- Harmful or problematic means
 - Using inappropriate strategies to achieve goals*
- Narrow scope
 - Not having important common life goals in good life plan*
- Conflict
 - Between goals sought or between means to attain goals*
- Lack of Capacity
 - Internal or external*

24

How GLM relates to Risk Based Treatment

- Personal History
- Offense progression
- Cognition/Problem Solving
- Relationship/Intimacy Deficits
- Good life plan past and present
- Knowledge, good life plan past and present
- Knowledge, Personal choice and independence, peace of mind
- Relationships and friendships, community and spirituality

25

How GLM relates to Risk Based Treatment

- Sexual Self Regulation
- General Self Regulation
- Emotion regulation
- Relapse Prevention Plan
- Happiness, peace of mind, relationships and friendships
- Peace of mind, personal choice and independence
- Peace of mind, personal choice and independence, relationships and friendships
- Integrated Good Lives Model and Self Regulation Model plan

26

How do I figure out what is important to me?

- Values Card Sort
- Reading
- Journaling
- Self reflection
- Discussion with therapist



27

What is important to me	What I want in this area
Life: being and surviving	
Knowledge: learning and knowing	
Excellence in Work and Play	
Excellence in Agency	
Inner Peace	
Friendship and Relatedness	
Community	
Spirituality	
Happiness	
Creativity	

28

What is important to me	What I want in this area	How will I get what is important to me?
Life: being and surviving		
Knowledge: learning and knowing		
Excellence in Work and Play		
Excellence in Agency		
Inner Peace		
Friendship and Relatedness		
Community		
Spirituality		
Happiness		
Creativity		

29

References

- Applying the Good Lives and Self-Regulation Models to Sex Offender Treatment. Yates, Prescott and Ward
- The Good Lives Model of Sex Offender Rehabilitation: What you need to know. MHS training

30

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