

ook helps (ex-)detainees, prison staff and practitioners to boost
' process of recovery and desistance from crime.

virtually all detainees desist from a life in crime as a result of
s of recovery. Recovery is not something that is done to detain-
her something they themselves do, often at distance from
inal justice interventions. Even when ex-convicts undergo
ment or counseling, they say that "at the end of the day you
yourself." Changing one's life therefore involves a lot of hard
e formal, professional interventions. Few people actually stop
s a result of criminal justice interventions alone. This suggests
based treatment is an adjunct of and complementary to a larg-
process of recovery that involves self-restorative forces.

l of *Giving up Crime* recognizes and works in partnership with
' process of recovery and its self-restorative forces. Its reha-
del is designed to assist detainees in initiating, implementing
ning a process of intentional self-change.

Individual action is pivotal to *Giving Up Crime*, detainees are not
the process of self-change. The workbook is also an attractive
ossible tool for prison staff and practitioners. It creates a
tunity for them to become actively involved in the personal
at and re-entry of detainees. The workbook also enables them
e to a less harmful prison-climate and to reduce substantial
at detainees face during imprisonment. These pressures can
ity crises, withdrawal, estrangement, loss of sense of pur-
ty to settle and loss of capacity for intimacy.

ation model and method of *Giving up Crime* has been adopt-
mented by the Prison Modernization Programme of the
dial Institutions Agency. The method is now used in all Dutch
uations show that detainees, prison personnel and practition-
braced *Giving Up Crime* as a highly valued and effective tool.

upcrime.com

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GIVING UP CRIME

Successfully
implemented
in all Dutch
prisons

Practical workbook for (ex)-detainees

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