



HM Inspectorate
of Probation

The COMPASS model – a holistic approach for working with people on probation

Mark A Durkin

HM Inspectorate of Probation

Academic Insights 2025/07

AUGUST 2025

Contents

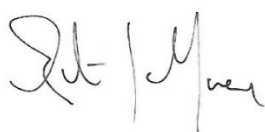
Foreword.....	3
1. Introduction	4
2. The COMPASS model.....	6
2.1 The key components of the model.....	6
2.2 A holistic approach	9
2.3 Practical applications	11
3. Conclusion.....	14
References	15

Foreword

HM Inspectorate of Probation is committed to reviewing, developing and promoting the evidence base for high-quality probation and youth justice services. *Academic Insights* are aimed at all those with an interest in the evidence base. We commission leading academics to present their views on specific topics, assisting with informed debate and aiding understanding of what helps and what hinders probation and youth justice services.

This report was kindly produced by Mark Durkin, summarising the COMPASS model which integrates key findings and principles from compassion-focused therapy, positive psychology and desistance theory/capital to provide a holistic and person-centred framework for understanding and supporting people on probation. Through its focus on past experiences, present needs, and future aspirations, the model is designed to enhance desistance opportunities and boost wellbeing, offering an effective and balanced pathway to lasting change and growth. It not only addresses the underlying causes of offending but seeks to foster hope, motivation, and the skills necessary for a pro-social life. Crucially, the model provides a shared language and clear structure for practitioners, services, and policymakers to work collaboratively, recognising that lasting change happens through the alignment of people, systems, and opportunities.

At its core, the COMPASS model reminds us that transformation is possible when we lead with compassion, build relationships and social bonds, empower strengths and abilities, and walk alongside people on their individual journeys.



Dr Robin Moore

Head of Research & Data Analysis

Author profile

Mark A. Durkin is a Lecturer in Psychology at Leeds Trinity University. His main research interests include compassion and positive psychology and how both can be applied to support people's mental health and wellbeing and help them manage work-related stress and past traumas, with a specific focus on those with justice experience. He has lived experience of the UK justice system and combines this with his knowledge of compassionate mind training, positive psychology, desistance and capital theory to create the Compassionate Positive Applied Strengths-based Solutions (COMPASS) model. In addition to this, he volunteers with others in the world of sport, and youth support, incorporating the ideas of the COMPASS model to help them find their way and flourish.

The views expressed in this publication do not necessarily reflect the policy position of HM Inspectorate of Probation

1. Introduction

Approaches to managing offending behaviour have been dominated by risk-focused models such as the Risk-Needs-Responsibility model (RNR; Bonta & Andrews, 2007; see also [Academic Insights paper 2023/06](#) by Bonta). However, more recently, the literature has steered towards more strengths-based and desistance-focused approaches to support those transitioning from offending (Maruna and Mann, 2019; Ward and Gannon, 2006). These include seeking out the Good Life, goals, developing social capital (see [Academic Insights paper 2021/06](#) by Albertson), building resilience and personal skills and strengths (Ward et al., 2012). The essence of the desistance narrative is that people can change, that past criminal behaviours are not fixed traits but the unintended consequence of a certain set of life circumstances, and that people are the agents of their own destiny (see [Academic Insights paper 2019/01](#) by Maruna and Mann).

In a similar route to behaviour change, the concept of Recovery Capital has emerged from substance misuse approaches as a potential means to support desistance from offending (Best, Irving and Albertson, 2017; McCartan and Kemshall, 2020), with justice capital added later as a suggested feature of the desistance process (see [Academic Insights paper 2022/10](#) by Kemshall and McCartan). While it shares some similarities, the COMPASS model is different due to its focus on goals, past experiences, and how compassion and positive psychology can support desistance capital.

Support for the COMPASS model comes from multiple sources. A scoping review by Durkin et al. (2025) provides an evidence base for how compassion and positive psychology can be used in the criminal justice system and holds much relevance to probation and youth justice services. These findings support how both approaches, and in particular compassion when applied with desistance capital, can help address some of the biopsychosocial reasons people offend through facilitating change at a deeper personal and systems level.

For example, studies show that compassion and positive psychology-based interventions for people who have offended can have a significant impact on increased feelings of hope, strengths, positive emotions, gratitude, life satisfaction, and overall wellbeing (Huynh et al., 2015; Mak and Chan, 2018), and a decrease in psychopathic traits (Ang, 2017; Ribeiro da Silva et al., 2029). Exercising gratitude and counting blessings have been found to reduce aggressive behaviour and increase wellbeing (Deng et al., 2019). In a study looking at 800 parolees and probationers, Woldgabreal et al. (2016), found that higher rates of hope, optimism, psychological flexibility and agency were associated with fewer criminogenic risk factors and negative supervision outcomes.

The link between feelings of shame and aggressive behaviour have been known since the early 1970s (Lewis, 1971). Research into self-compassion has revealed its mediating effects in reducing anger, aggression and shame among youths in the justice system (Hofmann et al., (2022). Shame as a result of early Adverse Childhood Experiences (ACEs; see [Academic Insights paper 2021/13](#) by Gray, Smithson and Jump) can lead to self-criticism and trauma among people who have offended which can be reduced by developing self-compassion (Sajadian et al., 2024; Younesi et al., 2024).

Both positive psychology and compassion can have a positive effect on relationships and help with the recognition of a common humanity between individuals and staff members. Adopting a compassionate approach to outwardly disruptive behaviour can help see it as a reaction to suffering and lead to a compassionate understanding instead of an avoidant or dismissive response (DeCelles and Anteby, 2020). This can be difficult when staff are burnt out, but the

challenges can be lessened when they themselves focus on emotional regulation and genuine compassion (Bogosavljevic and Kilty, 2014; Hammarstrom et al., 2019). When coupled with praise and gratitude, this can lead to stronger positive relationships between probation staff and probationers through improved communication and a stronger sense of connection (Lai et al., 2021). Programmes that work to foster pro-social relationships help with the development of agency and optimism, both of which are crucial when developing a redemption script and the new identity needed to aid desistance from offending (Maruna, 2001; Mapham and Hefferon, 2012).

At a behavioural level, self-compassion is associated with increased social connectedness/support, decreases in criminal impulsivity, and better control of offending behaviour (Morley et al., 2016). This is improved when combined with mindfulness mediation (Morley, 2018). Self-compassion is also associated with the strength of wisdom. Using the VIA (values in action) character strengths model, Guse and Hudson (2014) found that, alongside knowledge and love of learning, wisdom was a key driver for motivating change and desistance whilst in prison and after release. Character strengths have been shown to help individuals in the justice system set positive goals, regulate their emotions, and reduce vulnerability towards offending (Yu and Chan, 2019). Other strengths such as forgiveness, courage and persistence are frequently linked to improved wellbeing, personal growth and the ability to face the past in the present moment while making plans for the future (Moniz et al., 2024; Paleari et al., 2022).

Building upon all of this literature, and recognising that a key aim of the probation service is to facilitate change for those on probation, the COMPASS model provides a clear holistic framework to explore ways of doing this.

2. The COMPASS model

The COMPASS model is a practical and theoretical framework for justice practitioners, designed to support desistance. It stands for:

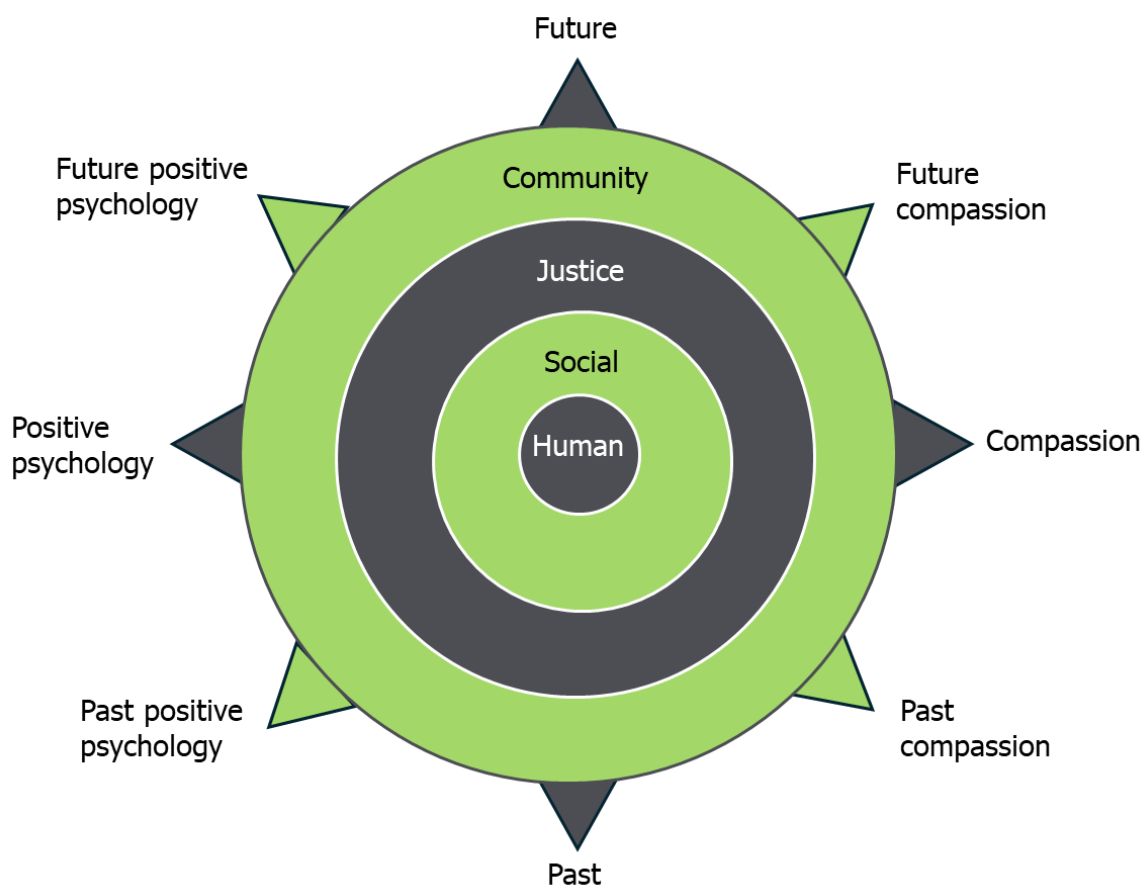
- ✓ **COM**passionate
- ✓ **P**ositive
- ✓ **A**ppplied
- ✓ **S**trengths-based
- ✓ **S**olutions.

The model blends Gilbert's (2009) compassion-focused therapy (CMT)/compassion mind training (CMT) with positive psychology, desistance theory (Maruna, 2003), capital, and strengths-based approaches. The model emphasises addressing past experiences (in some cases including what can be considered risk factors) and pro-social needs across key areas of desistance capital through tailored interventions that lead to understanding and motivation for change (Durkin, 2025).

2.1 The key components of the model

As set out in Figure 1, the COMPASS model not only guides individuals through their past and present desistance journey, but also helps practitioners tailor interventions that align with the person's unique future needs and goals.

Figure 1: The COMPASS model – central rings and cardinal points



The COMPASS model uses the following **cardinal direction points** to map the desistance journey, linking past, present and future to key psychological interventions:

- **South (S) – the past:** focuses on the person's history, including past trauma, ACEs, risks, and life experiences that have shaped their current identity, thoughts, feelings and behaviour. It can include aspects of a person's life that they feel has held them back. For example, beliefs about their abilities, or value and place in the world.
- **South-East (SE) – past compassion:** identifies moments when compassion was given, received, or possible – helping the individual build empathy and self-understanding for what has happened to them, their life experiences, and what they have been through to get where they are.
- **South-West (SW) – past positive psychology:** focuses on instances of hope, optimism, strengths, or resilience that can be highlighted and strengthened to support change. Self-forgiveness, and forgiving others for past transgressions can be explored
- **North (N) – the future:** helps individuals recognise the importance of goals for desistance (Fernández-Moreno et al., 2024). It covers how to define meaningful, pro-social goals and aspirations, wants and needs for a transformative future. Reimagining a different future is highlighted at this COMPASS point.
- **North-East (NE) – future compassion:** supports the development of a compassionate future self, focusing on relationships, values, behaviour, and emotional needs. Imagining what a compassionate self would look like can be explored.
- **North – West (NW) – future positive psychology:** encourages the creation of a hopeful, strengths-based future, grounded in strengths application, wellbeing, a growth mindset (Dweck, 1999), and self-belief.
- **East (E) – compassion skills:** introduces awareness of concepts of tricky brains, the drive, threat and soothing systems, social rank theory, and competitiveness (Gilbert, 2009). Includes the practical skills of compassion, including empathy, distress tolerance, self-kindness and emotional regulation that can be learned to aid desistance.
- **West (W) – positive psychology skills:** symbolises tools and techniques that promote behaviour change and wellbeing, e.g. self-determination theory (Ryan and Deci, 2000), gratitude, recognising, and strength building (Niemi, 2019).

As also set out in Figure 1, at the heart of the COMPASS model are **four central rings**, encompassing the four interrelated types of desistance-focused capital – the 'what' of change that supports a sustainable journey away from offending. These core domains are:

Human capital	This serves as a reminder to explore inner strengths and abilities, and how they can be developed. Examples being personal skills, abilities, level of education, agency, values, motivation, self-belief, mindset, and communication.
Social capital	This can be an indicator that we are not alone and that turning to someone we know for help is okay. For example, relationships, family, friendships, and support networks. This aspect is presented as a reminder of the people we have in our lives who can either hinder or help with our progress.
Systems capital (Justice)	This is about the systems we find ourselves in and how they can hinder or help with change and growth. The goal is to access systems that support rather than hinder desistance through fair treatment, future pro-social goals, and a sense of procedural justice.
Community capital	This element is about the provisions in the community that support us towards desistance. Such as access to suitable housing, employment, healthcare, and provisions that lead to and support a meaningful role/identify and acceptance into society. They can be places such as gyms that help build physical and mental health, or spiritual, and work-based activities that help individuals find meaning.

The examples above are not exhaustive, and the complete list can be lengthy depending on the individual and what and who they have available to them. The key is to become more aware of how each intersects and either does or does not support desistance. Together these rings form an integrated foundation for change; desistance is most likely to occur when all areas are explored, assessed and supported. Not having stable housing or a lack of opportunities could potentially hinder progress, even when motivation and skills are present. Thus, the COMPASS model addresses the need to be more aware of a person's situation and serves as a reminder that thinking skills alone will not lead to effective change.

While each type of capital has been studied individually and shown to be effective (Farrall and Maruna, 2004), limited research has explored how they interact in relation to desistance. The COMPASS model takes a holistic view, recognising that, when combined, these forms of capital can reinforce one another and help empower sustained desistance. The four inner rings form a flexible, expanding system of support around the individual, and represent a *radius of trust, support, and responsibility*. Setbacks may occur in any area, but with compassion, hope and continued support, individuals can reorient themselves using the knowledge gained from each experience.

2.2 A holistic approach

The COMPASS model's collaborative, person-centred approach helps individuals not just avoid crime but build a life worth living. The model brings together key components to support desistance through:

- **compassion** – confronts past trauma and shame with empathy, laying the groundwork for healing and a more compassionate self-view
- **positive psychology** – fosters hope, resilience, and optimism to help individuals build a meaningful, strengths-based future
- **desistance capital** – balances reducing risk with enhancing life quality, addressing both criminogenic needs and personal goals.

By weaving compassion and positive psychology, the COMPASS model creates a holistic framework that guides individuals from cycles of harm and offending towards wellbeing and personal growth. This integrated method ensures a dual focus on enhancing desistance opportunities and boosting wellbeing, offering a more effective and balanced pathway to lasting change and growth. In Table 1, five core components are compared to two other well-known models.

Table 1: The COMPASS model in relation to other models

Risk-Need-Responsivity	COMPASS	Good Lives Model
Antisocial personality traits/pro-criminal attitudes	Develop compassionate/hopeful thinking patterns/attitudes (human and justice capital)	Inner peace, creativity and knowledge
Social supports for crime. Lack of involvement in pro-social recreation/leisure activities	Avoid anti-social and engage in pro-social activities and groups (social and community capital)	Excellence in play, agency. Pleasure
Inappropriate parenting/familial relationships	Develop and build positive pro-social relationships (social and community capital)	Relatedness and community
Low employment/education	Find meaning in life through work and education (human, social, justice and community capital)	Excellence in work
Substance abuse	Develop distress tolerance, hope and effective coping (human and justice capital)	Spirituality, life
Self-esteem		
Vague feelings of personal distress		
Major mental disorder		
Physical health		
	Home – somewhere to live (community capital)	

The five components set out in Table 1 are explained in more detail below.

1. Develop compassionate and hopeful thinking patterns/attitudes (human and justice capital)

Transforming maladaptive, pro-criminal thinking into a compassion and positive-focused mindset that is essential for desistance. This involves:

- healthy emotional regulation – managing emotions using constructive and compassionate ways
- pro-social identity – building a self-concept that aligns with personal and societal values
- positive outlook – cultivating optimism and hope about the future
- resilience and courage – strengthening inner resources to face challenges.

2. Engage in pro-social activities and avoid anti-social influences (social and community capital)

Surround oneself with non-offending individuals and environments that reduce risk and enhance pro-social connections. Areas of focus include:

- employment or volunteering
- education and skill-building – college, university or school
- community involvement – social centres, gyms and sports centres, support groups, faith groups
- reconnecting with positive peers.

3. Build positive pro-social relationships (social and community capital)

Healthy relationships serve as both protective and motivating factors. This includes:

- family and close networks – rebuilding supportive connections
- wider community connections – engaging with cultural, social, or service groups that reinforce belonging and trust.

4. Find meaning through work and education (human, social and community capital)

A sense of purpose and accomplishment fosters self-worth and societal contribution. Support should target:

- education and training – pathways to qualifications and lifelong learning
- career development – creating sustainable, goal-aligned employment
- supportive networks – linking achievements to social support systems.

5. Strengthen distress tolerance, hope and coping skills (human capital)

Developing the inner capacity to manage stress and setbacks is central to sustained change. This involves:

- compassionate mind – promoting empathy and self-kindness
- distress tolerance – building emotional resilience
- hope and optimism – nurturing belief in a better future
- effective coping – equipping individuals with strategies to handle life's difficulties.

2.3 Practical applications

The four central rings of the COMPASS model can be used to:

- assess which types of capital are present or missing/needed
- identify what is supporting desistance and what is maintaining persistence/resistance
- co-create interventions that strengthen each area through compassionate, strengths based, and positive psychological approaches
- help the individual build a wider, more stable foundation for growth and change – one that is supported not just by themselves, but by practitioners, other agencies, families, and communities working together.

The rings remind us that desistance is a shared journey, and lasting change happens not in isolation, but through the alignment of people, systems, and opportunities under the guiding principles of compassion, strength and purpose. Aligning the COMPASS points to each of the rings of capital can help support the person to make sense of their past and why they have arrived where they are. It can support their goals for the future. Through the application of compassion and strengths-based approaches, interventions can be tailored to meet their needs and provide understanding, meaning and purpose to their desistance journey.

Just like Barnao and Ward (2015) noted, navigating the complexities of probation without a clear framework is like sailing uncharted seas without a compass. The COMPASS model offers that missing guidance, providing probation staff, policymakers, researchers, and people desisting with a structured, compassionate roadmap for understanding and supporting someone who is desisting from offending:

- **Probation practice:** the COMPASS model equips probation staff with clear principles to design and deliver interventions that are person-centred, trauma-informed, and desistance-focused (see also [Academic Insights paper 2023/08](#) by Evans et al.). It aids in understanding the *why* behind offending and offers tools to support long-term change. Importantly, it also serves as a reflective tool for staff to use themselves, helping them manage the emotional toll of their work.
- **People desisting:** the model empowers individuals to better understand their journey and develop the skills, strategies and motivation needed to navigate towards a life free of crime, and full of meaning. It supports agency and goal-setting by mapping the interplay between personal strengths, social resources, and systemic barriers and enablers.
- **Policy:** the model offers a holistic framework for shaping justice strategies, recognising the impact of broader systems – housing, education, employment, and health – on crime and rehabilitation. It can inform evidence-based decisions about sentencing, intervention pathways, and resource allocations.

The COMPASS model is flexible and adaptable to risk levels (low, medium, high), sub-groups (e.g., young, female, persistent, or sexual offenders), complex needs (e.g., mental health issues, substance misuse), and universal and specialist services, including housing, employment, and emotional regulation interventions. It can be applied across the ASPIRE model of case supervision as follows:

Assessment

- Historical trauma and protective factors
- Current motivation and strengths
- Future goals and aspirations
- Available capital across all four rings

Planning

- Collaborative goal setting with people on probation
- Compassion-focused techniques for trauma and shame
- Positive psychology exercises for hope and resilience
- Capital development strategies addressing practical needs
- Integrated approach ensuring all rings are considered

Implementation

- Strengths-based supervision conversations
- Holistic support addressing past, present, and future
- Multi-agency coordination to build comprehensive desistance capital

The scalability of the model makes it suitable for both targeted support and broader, universal services – ensuring that interventions can be both compassionate and context-specific. In essence, COMPASS is not just a model for individuals – it is a framework for systems. It offers a shared language and structure for practitioners, researchers, and policymakers to work collaboratively in reducing offending and building a more compassionate, effective justice landscape. Key principles for applying the model can be summarised as follows:

Practice

- Compassion first: understand offending behaviour through a lens of human suffering rather than moral failure
- Strengths-based: identify and build upon existing capabilities and positive experiences
- Future-focused: help individuals create compelling visions of pro-social futures
- Holistic: address all forms of desistance capital simultaneously
- Collaborative: work with, not on, individuals in their desistance journey

Individual practitioners

- Develop compassionate mindset towards people on probation
- Learn positive psychology techniques for others
- Assess all four capital areas systematically
- Create collaborative, hope-focused supervision plans

Services

- Train staff in the COMPASS model and its applications to people on probation and self
- Develop partnerships for building and strengthening desistance capital
- Implement trauma-informed organisational practices
- Create environments that foster positive change

Policy

- Fund community capital development
- Remove systemic barriers to reintegration
- Support evidence-based compassionate practices
- Invest in staff training and wellbeing using the COMPASS model

3. Conclusion

The COMPASS model offers a comprehensive and compassionate framework for understanding and supporting desistance from offending. By integrating principles from compassion-focused therapy, positive psychology, desistance capital, and drawing on established models such as the RNR model and the Good Lives Model (GLM), it bridges risk management with strengths-based, person-centred support.

Through its focus on past experiences, present needs, and future aspirations, the model promotes healing, resilience, and meaningful change. It not only addresses the underlying causes of offending but also fosters hope, motivation, and the skills necessary for a pro-social life. For individuals seeking to move beyond crime, and for practitioners guiding them, the COMPASS model provides a flexible, evidence-informed guide towards sustainable desistance and personal growth.

At its core, the COMPASS model reminds us that transformation is possible when we lead with compassion, empower strengths, and walk alongside people on their individual journeys. It offers a clear framework for both individuals and practitioners which promotes:

- compassionate understanding of past behaviour
- motivation and skills to change
- stronger social bonds
- practical support for life goals
- resilience in the face of setbacks.

References

Albertson, K. (2021). *Social capital building supporting the desistance process*, HM Inspectorate of Probation Academic Insights 2021/06. Available at: <https://hmiprobation.justiceinspectors.gov.uk/document/social-capital-building-supporting-the-desistance-process/> (Accessed: 14 August 2025).

Ang, X. (2017). *Positive psychology intervention for girls with conduct problems: A single-case time series design*. PhD thesis, University of Alabama Tuscaloosa. ProQuest Information & Learning.

Barnao, M. and Ward, T. (2015). 'Sailing Uncharted Seas without a Compass: A Review of Interventions in Forensic Mental Health', *Aggression and Violent Behavior*, 22, pp. 77-86.

Best, D., Irving, J. and Albertson, K. (2017). 'Recovery and desistance: what the emerging recovery movement in the alcohol and drug area can learn from models of desistance from offending', *Addiction Research and Theory*, 25(1), pp. 1–10.

Bogosavljevic, K. and Kilty, J.M. (2024). 'Playing "mental judo": Mapping staff compassion in Canadian federal prisons', *Punishment & Society*, 26(5), pp. 880–897.

Bonta, J. and Andrews, D.A. (2007). 'Risk-need-responsivity model for offender assessment and rehabilitation', *Rehabilitation*, 6(1), pp. 1–22.

Bonta, J. (2023). *The Risk-Need-Responsivity model: 1990 to the Present*, HM Inspectorate of Probation Academic Insights 2023/06. Available at: <https://hmiprobation.justiceinspectors.gov.uk/document/the-risk-need-responsivity-model-1990-to-the-present/> (Accessed: 14 August 2025).

DeCelles, K.A. and Anteby, M. (2020). 'Compassion in the clink: When and how human services workers overcome barriers to care', *Organization Science*, 31(6), pp. 1408–1431.

Deng, Y., Xiang, R., Zhu, Y., Li, Y., Yu, S. and Liu, X. (2019). 'Counting blessings and sharing gratitude in a Chinese prisoner sample: Effects of gratitude-based interventions on subjective well-being and aggression', *The Journal of Positive Psychology*, 14(3), pp. 303–311.

Durkin, M., Vyas, M. and Carson, J. (2025). 'The association of compassion and positive psychology among people who offend: A scoping review of the literature', *Journal of Criminal Psychology*.

Durkin, M.A. (2025). *The COMPASS model in criminal and forensic psychology*. Bingley: Emerald Publishing Limited.

Dweck, C.S. (1999). *Self-theories: Their role in motivation, personality, and development*. New York: Taylor and Francis/Psychology Press.

Evans, J., Skuse, T., Kennedy, D. and Matthew, J. (2023). *Desistance, adversity and trauma: Implications for practice with children and young people in conflict with the law*, HM Inspectorate Probation Academic Insights 2023/08. Available at: <https://hmiprobation.justiceinspectors.gov.uk/document/desistance-adversity-and-trauma-implications-for-practice-with-children-and-young-people-in-conflict-with-the-law/> (Accessed: 14 August 2025).

Farrall, S. and Maruna, S. (2004). 'Desistance-focused criminal justice policy research: Introduction to a special issue on desistance from crime and public policy', *The Howard Journal of Criminal Justice*, 43(4), pp. 358–367.

Fernández-Moreno, Á., Roncero, D. and Moreno-Fernández, R.D. (2024). 'A new approach to urinalysis: Effectiveness of a contingency management program among adolescent offenders in Spain', *Frontiers in Psychology*, 15, 1364967.

Gilbert, P. (2009). 'Introducing compassion-focused therapy', *Advances in Psychiatric Treatment*, 15(3), pp. 199–208.

Gray, P., Smithson, H. and Jump, D. (2021). *Serious youth violence and its relationship with adverse childhood experiences*, HM Inspectorate Probation Academic Insights 2021/13. Available at: <https://hmiprobation.justiceinspectorates.gov.uk/document/serious-youth-violence-and-its-relationship-with-adverse-childhood-experiences/> (Accessed: 14 August 2025).

Guse, T. and Hudson, D. (2014). 'Psychological strengths and posttraumatic growth in the successful reintegration of South African ex-offenders', *International Journal of Offender Therapy and Comparative Criminology*, 58(12), pp. 1449–1465.

Hammarstrom, L., Devik, S.A., Hellzen, O. and Haggstrom, M. (2020). 'The path of compassion in forensic psychiatry', *Archives of Psychiatric Nursing*, 34(6), pp. 435–441.

Hofmann, S.A., Jeffries, Z.J. and Johnson, B.D. (2022). 'Self-compassion as a potential mediator of shame and aggression in youth offenders', *International Journal of Criminal Justice Sciences*, 17(2), pp. 1–14.

Huynh, K.H., Hall, B., Hurst, M.A. and Bikos, L.H. (2015). 'Evaluation of the positive re-entry in corrections program: A positive psychology intervention with prison inmates', *International Journal of Offender Therapy and Comparative Criminology*, 59(9), pp. 1006–1023.

Kemshall, H. and McCartan, K. (2022). *Desistance, recovery, and justice capital: Putting it all together*, HM Inspectorate Probation Academic Insights 2022/10. Available at: <https://hmiprobation.justiceinspectorates.gov.uk/document/desistance-recovery-and-justice-capital-putting-it-all-together/> (Accessed: 14 August 2025).

Lai, A.Y.K., Sit, S.M.M., Thomas, C., Cheung, G.O.C., Wan, A., Chan, S.S.C. and Lam, T.H. (2021). 'A randomized controlled trial of a positive family holistic health intervention for probationers in Hong Kong: A mixed-method study', *Frontiers in Psychology*, 12, 739418.

Lewis, H.B. (1971). 'Shame and guilt in neurosis', *Psychoanalytic Review*, 58(3), pp. 419–438.

Mak, V.W. and Chan, C.K. (2018). 'Effects of cognitive-behavioural therapy (CBT) and positive psychological intervention (PPI) on female offenders with psychological distress in Hong Kong', *Criminal Behaviour and Mental Health*, 28(2), pp. 158–173.

Mapham, A. and Hefferon, K. (2012). "'I used to be an offender—now I'm a defender": Positive psychology approaches in the facilitation of posttraumatic growth in offenders', *Journal of Offender Rehabilitation*, 51(6), pp. 389–413.

Maruna, S. (2001). *Making good*. Washington, DC: American Psychological Association.

Maruna, S. and Mann, R. (2019). *Reconciling 'desistance' and 'what works'*, HM Inspectorate Probation Academic Insights 2019/01. Available at: <https://hmiprobation.justiceinspectorates.gov.uk/document/reconciling-desistance-and-what-works/> (Accessed: 14 August 2025).

McCartan, K.F. (2020). *Trauma-informed practice*, HMI Inspectorate of Probation Academic Insights 2020/05. Available at:

<https://hmiprobation.justiceinspectorates.gov.uk/document/trauma-informed-practice/>
(Accessed: 14 August 2025).

Moniz, J., Nunes, V. and Cunha, C. (2024). 'Forgiveness and rehabilitation of Portuguese incarcerated individuals: What do they think about forgiveness?', *Journal of Offender Rehabilitation*, 63(5), pp. 328–346.

Morley, R.H. (2018). 'The impact of mindfulness meditation and self-compassion on criminal impulsivity in a prisoner sample', *Journal of Police and Criminal Psychology*, 33(2), pp. 118–122.

Morley, R.M., Terranova, V.A., Cunningham, S.N. and Kraft, G. (2016). 'Self-compassion and predictors of criminality', *Journal of Aggression, Maltreatment & Trauma*, 25(5), pp. 503–517.

Niemiec, R.M. (2019). 'Finding the golden mean: The overuse, underuse, and optimal use of character strengths', *Counselling Psychology Quarterly*, 32(3–4), pp. 453–471.

Paleari, G.F., Danioni, F., Pelucchi, S., Lombrano, M.R., Lumera, D. and Regalia, C. (2022). 'The relationship between self-forgiveness and psychological wellbeing in prison inmates: The mediating role of mindfulness', *Criminal Behaviour and Mental Health*, 32(5), pp. 337–349.

Ribeiro da Silva, D., Rijo, D., Castilho, P. and Gilbert, P. (2019). 'The efficacy of a compassion-focused therapy-based intervention in reducing psychopathic traits and disruptive behavior: A clinical case study with a juvenile detainee', *Clinical Case Studies*, 18(5), pp. 323–343.

Rijo, D., Ribeiro da Silva, D., Brazaño, N., Paulo, M., Ramos Miguel, R., Castilho, P. and Gilbert, P. (2023). 'Promoting a compassionate motivation in detained youth: A secondary analysis of a controlled trial with the PSYCHOPATHYCOMP program', *Personality Disorders: Theory, Research, and Treatment*, 14(2), pp. 223–236.

Ryan, R.M. and Deci, E.L. (2000). 'Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being', *American Psychologist*, 55(1), pp. 68–78.

Sajadian, M., Younesi, S.J., Jafari, P., Azkhosh, M., Yarandi, R.B. and Kordbagheri, M. (2024). 'Shame, fear of compassion, self-criticism, and self-reassurance mediate the effect of early life events on emotional disorders among male prisoners: A structural equation modeling analysis', *Acta Psychologica*, 242, 104116.

Ward, T. and Gannon, T.A. (2006). 'Rehabilitation, etiology, and self-regulation: The comprehensive good lives model of treatment for sexual offenders', *Aggression and Violent Behavior*, 11(1), pp. 77–94.

Ward, T., Yates, P.M. and Willis, G.M. (2012). 'The good lives model and the risk-need-responsivity model: A critical response to Andrews, Bonta, and Wormith (2011)', *Criminal Justice and Behavior*, 39(1), pp. 94–110.

Woldgabreal, Y., Day, A. and Ward, T. (2016). 'Linking positive psychology to offender supervision outcomes', *Criminal Justice and Behavior*, 43(6), pp. 697–721.

Younesi, S.J., Sajadian, M., Jafari, P., Azkhosh, M., Yarandi, R.B. and Kordbagheri, M. (2024). 'Impact of a group-based, compassion-focused treatment on shame and early life events among male prisoners', *Current Psychology*, 43(23), pp. 20824–20833.

Yu, L. and Chan, K.L. (2019). 'Moderating effects of personal strengths in the relationship between juvenile victimization and delinquent behaviors', *Child Abuse & Neglect*, 93, pp. 79–90.



© Crown copyright 2025

You may re-use this information (excluding logos) free of charge in any format or medium, under the terms of the Open Government Licence. To view this licence, visit www.nationalarchives.gov.uk/doc/open-government-licence or email psi@nationalarchives.gsi.gov.uk.

Where we have identified any third-party copyright information, you will need to obtain permission from the copyright holders concerned.

This publication is available for download at:
www.justiceinspectorates.gov.uk/hmiprobation

Published by:

HM Inspectorate of Probation
1st Floor Civil Justice Centre
1 Bridge Street West
Manchester
M3 3FX

The HM Inspectorate of Probation Research & Data Analysis Team can be contacted via HMIProbationResearch@hmiprobation.gov.uk

ISBN: 978-1-917531-14-6