



A SUMMARY OF THE GOOD LIVES MODEL

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ASSUMPTIONS...

- Individuals with offender characteristics share the same inclinations and basic needs as other people and are naturally predisposed to seek certain goals, or *primary goods*.



PRIMARY GOODS ARE

States of affairs, states of mind, personal characteristics, activities, or experiences that are sought for their own sake and are likely to increase psychological well-being if achieved.



PRIMARY GOODS CAN BE

- Subdivided into subgroups. In addition to primary goods there are *instrumental goods*. The *Instrumental goods* provide a particular way (means) of achieving primary goods, for example, certain types of work or relationships.



PRIMARY GOODS - EXAMPLES

- Life, Knowledge, Excellence in play and work, Agency, Inner peace, Friendship/Relatedness, Community, Spirituality, Happiness and Creativity.

So as an example for clarification, Knowledge is a primary good and can be used to create a friendship but a person has to know what another person likes or needs (means) in order to figure out the actions to take for a friendship to be built. So primary goals are abstract and people are usually not aware of them as ultimate ends and instrumental goods are every day values and goals.



AVOIDANT GOAL INDICATORS VS. APPROACH GOAL INDICATORS

Neither have good characteristics but the Approach Goal is more likely to like offending and offend again. The less likely to offend again may not seek it nor have a plan but will go with the flow. The most likely to offend again will have a plan and enjoy it.



MAIN GOAL

- Rehabilitation for individuals with offender characteristics can work if they are treated and not punished. Crime was caused by distinct patterns of social and psychological factors. If these factors can be targeted then the offending will decrease.



THREE MAIN COMPONENTS ARE...

- (a) Set of general principles and assumptions that specify values underlying rehab practice and overall aims
- (b) Implications of these general assumptions for explaining and understanding offending
- (c) The treatment implications of above



SUMMARY

- The Good Life Model (GLM) would practice practical reasoning in therapy. One major component of this is assessing a “good life” goal and determining its purpose. GLM is a guideline to help an individual who offends re-evaluate their life and find out how they can reassess their goals and contribute to a society in a healthy and safe manner. The idea is that individuals who offend are more like us than not and can be rehabilitated.

