This is the first book to tackle the subject of motivating offenders in therapeutic programmes and as such, will prove an invaluable resource for forensic practitioners.

How can you help someone who doesn’t want to be helped? Should you even try? If motivation is considered not only as an intrinsic attribute of the offender, but dependent upon a range of factors including what obstacles there are, what sort of changes are needed and the kind of intervention on offer, steps can be taken to improve the situation.

Mary McMurran has skilfully brought together eminent researchers and practitioners, who provide the reader with best knowledge and practice from two major fields—addictions and criminological psychology—to examine the therapeutic process and suggest how best to engage offenders in therapy. Throughout, ethical issues surrounding motivating offenders to change are closely scrutinised.

This book is an invaluable resource and guide to those training and working with offenders and training staff, including clinical and prison psychologists, probation officers, forensic psychiatrists, psychiatric nurses, social workers, occupational therapists, counsellors, and prison officers.