



Overcoming individual resistance

OF OFFENDERS, SENTENCED TO PROBATION

Forms of individual resistance:

- Usually, the sentenced to probation are involuntary clients who show passive resistance in the form of silence and apathy.
- Also, they may actively resist showing open anger and discontent.

Forms of individual resistance:

- Some probation clients show mostly one type of resistive reactions (either passive or active)
- Others show both.

Forms of individual resistance:

Forms of active resistance range widely. They include:

- manifestations of negativity
- opposition
- hostility
- verbal aggression
- aggressive abandonment and irritability

Forms of individual resistance:

- Socially desirable behavior is also an expression of resistance.
- It serves to avoid conflicts and complications, but through it the requirements leading to positive change are ignored.
- It is expressed in servility, excessive politeness, kindness and friendliness.

Types of protective resistance behavior

The Scapegoat

- This type is a manipulator who always blames others, and always sees himself as the victim.
- The Scapegoat is flexible, he doesn't comply with contracts, is difficult to motivate, disclaims all responsibility and may often accuse their probation officer.

Types of protective resistance behavior

The Unworthy

- They believe they are not worth the attention paid;
- The Unworthy are dependent, contagious, volatile and susceptible to implications .
- Hypersensitive to any criticism, but not strict in performing their duties.

Types of protective resistance behavior

The guilty:

- They feel shame and guilt in the situation.
- The guilty reluctantly share personal details, do not trust, avoid difficulties, have passive attitude, show uncertainty and high anxiety.
- Communication activates their sense of guilt and makes them irritable and angry for ridiculous reasons.

Types of protective resistance behavior

The arrogant

- They are demanding, arrogant and don't respect any limits. Everybody owes them.
- The arrogant easily finds the weaknesses of others and cannot feel compassion.
- They are limited, aggressive and don't accept refusal.

Types of protective resistance behavior

Resistance behavior of different probation customers has the following features:

- Difficulties in making contact;
- Unwillingness to work with their own problems;
- Escape from responsibility;
- Overdependence on authorities.

Types of resistance:

- The surface resistance leads to devaluation of the information that causes cognitive dissonance.
- It appears in the form of:
 - ✓ derogatory gesture;
 - ✓ reluctance to speak;
 - ✓ dodging the chair back;
 - ✓ hints of irritation in the voice;
 - ✓ beating about the bush.

Types of resistance:

- The deeper existential resistance corresponds to the fears of being rejected, misunderstood, losing internal or external control.
- This resistance increases external manifestations of negativity and destructiveness.

Types of resistance:

- The deeper existential resistance occurs in the following forms:
 - shortening the distance too much and devaluation of the contact;
 - ignoring talks on the topic and constantly seeking advantage;
 - behavioral regression that is unconscious protest against the change.

Overcoming resistance:

- Confronting the client with his own position;
- Showing empathy, respect and giving supportive feedback;
- Venting the negative emotions and affected attitudes.

Overcoming resistance:

- Initially, the high resistance of the client should be seen as a normal stage in the consultation and evaluation work with them and should not lead to its termination;
- Enough attention and efforts to improve the structure of the initial confidential contact.



Overcoming resistance:

- Evaluating the actions and deeds of the client, not their personality;
- The resistance of the customer must be met calmly. It must not be considered as a personal insult and result into retaliatory aggression.

Overcoming resistance:

- Needless to enter into disputes. They only strengthen the resistance.
- The client must be responded in a way that does not cause confrontation.
- Continuous support for the person's confidence that they can change and encouraging them to take personal responsibility.

Overcoming resistance:

- Recommended techniques:
- Reassurance
- Hearing
- Open questions
- Summarizing
- Support