

# Good Lives Model 7 Minute Briefing

## 1. What is the Good Lives Model?

The Good Lives Model (GLM) is a comprehensive theory of offender rehabilitation that focuses on promoting individuals' important personal goals (using a strength-based approach) while at the same time reducing and managing their risk for future offending. The GLM suggests that people who offend are, like everyone else, trying to obtain **primary human goods**, or needs, such as a sense of belonging or knowledge and skills (Ward and Maruna, 2007).

## 2. What are primary human goals?

These are the goals that all people try to achieve for example, a sense of belonging or achievement. There are also secondary goals like friendship or work to achieve the human goods or goals.

### Examples of primary human goals:

- Life (healthy living and functioning)
- Knowledge (how well-informed people feel on what matters to them)
- Excellence (in play, work and agency)
- Inner peace (freedom from emotional turmoil and stress)

## 3. How does it work?

Young people who offend however may sometimes find it difficult to achieve these goals through pro-social means and may therefore seek secondary goals that are problematic. E.g. A young person achieving a sense of relatedness through belonging to groups involved in offending (rather than through family or pro-social friendships).

## 4. Therefore

we need to build capabilities and strengths in people, in order to reduce their risk of reoffending. Offending is essentially the product of a desire for something that is inherently human and normal. Unfortunately, the desire or goal manifests itself in harmful and antisocial behaviours, due to a range of factors in the young person's life and his/her environment.

## 5. Aim of the GLM

The aim of correctional intervention according to the GLM is the promotion of primary goals, or human needs that, once met, enhance psychological wellbeing (Ward and Brown, 2004).

Therefore, practitioners need to consider interventions with young people to help them achieve their goals in non-offending and secondary goals e.g. through sports teams.

## 6. Strengths-based

This is a strength based model and young people should lead the process of identifying their goals.

Promotion of positive goals and identifying opportunities can help engage the young person to achieve them.

When a young person achieves a good life and primary goals are met in them, they will hopefully see they can achieve a happy life without offending.

## **7. In Practice**

if we are truly serious about not seeing young people return to the criminal justice system time after time, then we must be holistic in our treatment and case management approach and be committed to equipping young people to live better, pro-social and personally meaningful lives.

Our interventions must include helping young people to identify ways to live happy fulfilled lives without offending.

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### **Additional Information**

[The Good Lives Model of Offender Rehabilitation - Information](#)

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