

Foreword



The year 2022 marks an important milestone for our city as we celebrate the 25th anniversary of the establishment of the Hong Kong Special Administrative Region and the 40th anniversary of the Prisons Department's renaming as the Correctional Services Department. The renaming is of great historical significance to our Department as it highlights the principle of placing dual emphasis on custodial and rehabilitative services advocated since 1982. With this mission in mind, the Rehabilitation Division set up in 1998 has all along been committed to mapping out long-term and timely development strategies for providing effective rehabilitation programmes amid the ever-changing environment over the past 24 years.

One of the strategic focuses of our Department is to broaden and deepen its research capacity. Quality research not only expands our knowledge base, but also facilitates knowledge transfer and professional exchanges. Our Clinical Psychologists have developed a large variety of evidence-based psychological programmes for persons in custody (PICs) to address their diverse needs and reduce reoffending. As scientist-practitioners, they have also conducted a diverse range of research studies, which offer valuable insights into the profiles of PICs and the effectiveness of the psychological treatment provided to them.

I am very delighted and proud to witness the remarkable achievements in providing quality psychological services for the rehabilitation of PICs over the years, which could not have been accomplished without a team of professional staff who have been working in unison with a strong sense of mission. This book contains a wealth of knowledge and clinical experience they have gained from rendering psychological services to PICs in recent years. I believe the book will serve as a valuable reference for all readers and intended users.

Mr. WONG Kwok-hing, CSDSM
Commissioner of Correctional Services

Editor's Preface

Working as clinical psychologists in correctional settings is a road full of discoveries. During our day-to-day work with persons-in-custody (PICs), we endeavour to provide evidence-based, state-of-the-art psychological services. The contact with our clients has led us to a deeper understanding of the penal population. It has, at the same time, unlocked more unknowns about serving this community. As scientist-practitioners, conducting researches would be our best tool to answer the questions arisen from clinical work and generate new knowledge, for improving our services through the integration of science and practice.

This book is the fruit of our professional knowledge and wisdom from years of clinical practice and researches. From evaluating and refining well-established treatment units at different institutions, identifying and tailoring intervention to the needs of PICs with specific biopsychosocial characteristics, to exploring the role of advanced technology in psychological treatment, this book offers invaluable insights into the local application of forensic psychology and maximizes the effectiveness of the services we delivered.

Anyone working with the penal population, including helping professionals and correctional personnel, or who are curious about how psychological theories could be translated to real-world interventions applicable to serving people living behind the wall, shall all find themselves benefited from reading this book, and ultimately, know and serve the PICs and our society better.

**“This book is a collection of research conducted by
Psychological Services Section 1,
Correctional Services Department, from 2018 to 2022”**