



# What influences people to offend?

## 4 P's Worksheet

This assessment is designed to encourage you to reflect on the factors that together influence a person to offend.

While it is not at the depth of a proper case formulation, it is nevertheless useful in identifying the range of factors that influence behaviour.

	<b>Predisposing</b> <i>(from the past)</i>	<b>Precipitating</b> <i>(triggers)</i>	<b>Perpetuating</b> <i>(maintaining)</i>	<b>Protecting</b> <i>(buffers)</i>
<b>Individual</b>				
<b>Family</b>				
<b>Cultural</b>				
<b>Community</b>				

## **Making sense of offending exercise**

To complete this exercise, choose an offender you are currently involved with and of whom you have a reasonable knowledge. Using a blank copy of the grid, identify the predisposing, precipitating, perpetuating and protective factors to help understand and explain the possible pathway to offending.

### **How might the factors interact?**

Be aware that there is a danger in just using the grid to generate a list of factors, however. The aim is to use it as a part of the process to produce an integrated statement about a person's presenting problems, which identifies key causal factors and their interaction. One structure for organising the explanatory statement uses three paragraphs which consider the interaction between key factors, as follows:

- Predisposing and precipitating factors
- Perpetuating and protecting (maintaining and strengths) factors
- A comment on the pattern of the problems over time if, as in most cases, the problems are chronic and self-sustaining (i.e. the effects of the illness reinforce perpetuating factors, which cause the illness to persist; for example, chronic alcohol dependence worsens marital relationships, which then reinforce the on-going use of alcohol as a coping mechanism, while coping and problem-solving skills atrophy due in part to a reliance on alcohol to cope with stress, and contributes to offending behaviour).

Once you have completed the activity discuss your findings with your manager, supervisor or mentor and identify the linkages between the factors.

Make the most of your interactions with offenders. Would you like to effectively engage with offenders in group, work to best practice and ultimately help offenders to make positive changes?

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