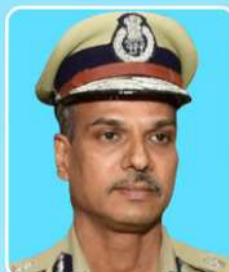




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**Correctional Counseling and Psychological Services**

**Introduction**

Correctional Institutions are no longer viewed merely as places of custody and punishment. They have evolved into centers of rehabilitation and social reintegration, where the ultimate objective is to facilitate positive behavioral change while ensuring the safety and security of society. In this context, correctional counseling and psychological services have become indispensable components of modern correctional administration.

**Correctional Counseling**

Correctional counseling focuses on helping inmates understand their behaviour, identify the factors that contributed to their offending, and develop positive coping strategies. Through individual and group counseling sessions, inmates are encouraged to accept responsibility for their actions, manage emotions, resolve personal conflicts, and set realistic goals for the future.

Counseling also addresses issues such as anger management, substance abuse, family relationships, stress, anxiety, and adjustment to prison life. Career guidance, educational counseling, and pre-release counseling further assist inmates in developing skills and confidence for life after incarceration. Effective counseling promotes self-awareness, self-control, and motivation for positive behavioural change.

**Psychological Services**

Psychological services provide professional assessment, diagnosis, treatment, and support for inmates experiencing mental health and behavioural problems. Qualified psychologists evaluate inmates to identify emotional disorders, intellectual disabilities, personality disorders, suicidal tendencies, or other mental health concerns that may affect their behaviour and rehabilitation.

Psychological interventions may include cognitive behavioural therapy, crisis intervention, trauma-informed care, stress management, and behavioural modification programmes. These services help inmates manage depression, anxiety, aggression, addiction, and other psychological difficulties while improving their emotional well-being and institutional adjustment.

Psychologists also contribute to suicide prevention, violence risk assessment, and rehabilitation planning. By identifying inmates who require specialized treatment, they help ensure that appropriate interventions are provided throughout the period of incarceration.

**Importance in Correctional Administration**

Correctional counseling and psychological services contribute significantly to the effective management of correctional institutions. They help reduce institutional violence, improve inmate behaviour, strengthen relationships between inmates and correctional staff, and create a safer prison environment.

These services support rehabilitation by addressing the underlying causes of criminal behaviour rather than focusing solely on punishment. They also enhance inmates' ability to cope with stress, improve communication and interpersonal skills, and build self-confidence. By preparing inmates for successful reintegration into society, counseling and psychological services reduce the risk of recidivism and promote public safety.

In addition, correctional professionals benefit from psychological expertise in managing difficult inmates, responding to mental health emergencies, and developing individualized rehabilitation plans.

**Challenges**

Despite their importance, correctional counseling and psychological services face several challenges. Many correctional institutions have an insufficient number of qualified counselors and psychologists to meet the growing demand for mental health care. Limited financial resources, overcrowded prisons, and inadequate infrastructure often restrict the availability of counseling programmes.

Stigma associated with mental illness may discourage inmates from seeking help, while security concerns can sometimes limit access to treatment. Ensuring continuity of psychological care after release also remains a significant challenge,

requiring close coordination with community-based mental health and social service agencies.

### **Conclusion**

This article examines the importance of correctional counseling and psychological services in contemporary correctional administration, highlights their role in offender rehabilitation and successful reintegration, explores the major challenges faced in their implementation and suggests practical measures to strengthen these essential services for achieving safer prisons and a more humane and effective correctional system.

#### **DEPUTY DIRECTOR'S DESK**



**Dr. P. GOVINDARAJAN,**  
Deputy Director, APCA, Vellore.

### **Social Work Interventions in Prison Welfare and Rehabilitation: A Contemporary Perspective**

#### **Abstract**

Prisons today serve not only as correctional institutions but also as centers for rehabilitation and social reintegration. Social work interventions play a significant role in promoting inmate welfare through counseling, healthcare support, education, vocational training, and post-release rehabilitation. This article highlights key welfare programmes and recent developments in correctional social work aimed at improving prisoners' well-being and reducing recidivism.

#### **Keywords:**

Prison welfare, social work, rehabilitation, inmates, correctional services

#### **Introduction**

The modern correctional system emphasizes rehabilitation alongside punishment. Social workers contribute to addressing the psychological, social, educational, and health-related needs of prisoners. Their interventions help inmates develop skills, improve mental health, and prepare for successful reintegration into society.

#### **Prisoners' Welfare Programmes**

Prison welfare programmes focus on improving inmates' quality of life and protecting their rights.

Social workers provide counseling services to address emotional stress, anxiety, and behavioral issues. Educational programmes, including literacy classes and higher education opportunities, enhance inmates' knowledge and employability.

Family welfare services help prisoners maintain contact with family members through visits, counseling, and communication facilities. Cultural and recreational activities such as sports, music, drama, and library services promote personal development and reduce institutional stress.

#### **Medical Social Work in Prisons**

Medical social workers facilitate access to healthcare services and support prisoners with physical and mental health needs. Prison hospitals provide treatment for common illnesses, chronic diseases, and emergencies. Mental health services, including psychological counseling and psychiatric care, have become increasingly important due to the high prevalence of depression, anxiety, and substance abuse among inmates.

Recent correctional reforms emphasize health screening, disease prevention, and rehabilitation programmes for HIV/AIDS and substance dependence. Telemedicine and digital health services are also being introduced in several prison systems to improve healthcare accessibility.

#### **Rehabilitation and Reintegration**

Rehabilitation programmes aim to equip prisoners with vocational and life skills necessary for independent living after release. Training in tailoring, carpentry, agriculture, computer applications, and entrepreneurship improves employment opportunities. Social workers assist inmates in developing career plans and accessing community resources. Post-release support services include employment guidance, family counseling, housing assistance, and community-based rehabilitation. Research indicates that structured reintegration programmes significantly reduce recidivism and support successful social adjustment.

#### **Conclusion**

Social work plays a crucial role in prison welfare and rehabilitation by addressing the social, psychological, educational, and medical needs of inmates. Comprehensive welfare programmes, healthcare services,

vocational training, and reintegration support contribute to the successful rehabilitation of prisoners and promote safer communities. Strengthening correctional social work services remains essential for achieving effective and humane criminal justice outcomes.

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## ARTICLE ON PRISON AND CORRECTIONAL ADMINISTRATION

### Management of prison inmates' behaviour: An essential element in effective prison administration

By

**Prof. Dr. T. H. Ansar,**

Professor of Prison Administration, APCA

### 1. Introduction

Prison institutions must maintain a safe and secure environment to protect their inmates, staff, visitors, and, ultimately, the community. Prison officers have often considered the design and condition of the physical infrastructure, the quality of locking systems, the use of restraint devices, and staff's ability to physically defend themselves as primary means to achieving safety and security in their institutions. However, experience has shown prisons cannot rely on these measures alone. To be safe and secure, prison staff must actively supervise and manage inmate behaviour. In the absence of staff managing the inmates, the emphasis on physically containing inmates will not work well.

If inmate behaviour is managed effectively, prisons can be a good workplace for staff, a safe and clean correctional environment for inmates, and a valuable and highly regarded service for the community. Given the importance of inmate behaviour management in achieving safety and security, it may be viewed as the prison's core function and the prison administrator's primary concern.

### 2. Inmate Behaviour Management Plan

The inmate behaviour management plan consists of six essential elements. They are as follows:

#### Element 1: Assessing Risks and Needs

The first element in the inmate behaviour management plan is to gather information on the risks and needs of each inmate. Risk is a measure of how dangerous the inmate is to himself or herself and to others and of the likelihood that the inmate will attempt to escape. Need is a measurement of the inmate's physiological and psychological requirements for well-being, for example, in terms of medical care, mental health care, or education. The risk and needs assessment lay the foundation for the behaviour management plan. The information gathered is used to classify the inmate and is also essential for developing a strategy to manage his or her behaviour. For example, an inmate assessed as a high escape risk and one assessed as a low escape risk will have substantially different requirements for housing, supervision, and delivery of services, as will an inmate with serious medical needs and one who is healthy.

#### Element 2: Assigning Inmates to Housing

The second element in the inmate behaviour management plan, assigning inmates to appropriate housing according to a housing plan, enables staff to manage the inmates' behaviour more effectively. The information gathered about an inmate during the risk and needs assessment serves as the basis for the housing assignment.

Prison staff shall consider factors such as the level of security risk the inmate presents, the inmate's ability to function with other inmates, the level of supervision the inmate requires, the types of services the inmate requires, the types of programmes that should be made available to the inmate and the legal requirements for separating certain categories of inmates.

#### Element 3: Meeting Inmates' Basic Needs

The third element in the behaviour management plan is meeting inmates' basic needs, such as inmates' physical needs, safety needs and social needs, which are no different from those of all human beings. If the prison does not provide for these needs, the inmates will find ways to meet them on their own terms, which will drastically bring down the safety and security in prison.

#### Element 4: Defining and Conveying Expectations for Inmate Behaviour

The prison staff's expectations for inmate behaviour and the way those expectations are conveyed have

a powerful influence on how inmates act. Historically, prison staff have expected inmates to be uncooperative, destructive, aggressive, violent, and manipulative. But it has been demonstrated that jail staff can influence inmates to behave positively within the prison; that destructive, manipulative, and aggressive inmate behaviour will be the norm only if allowed to be; and that, with proper supervision, most inmates will meet high expectations for their behaviour. Inmates can comply with prison rules, maintain high levels of sanitation and cleanliness within their living areas, treat the staff respectfully, and interact positively with each other. Prison staff should expect this and tolerate no less.

#### **Element 5: Supervising Inmates**

The fifth element in the inmate behaviour management plan is supervising inmates to hold them individually accountable for their behaviour. To do this, the staff must interact with the inmates. Note that before staff can effectively and safely interact with inmates, the prison must fully implement elements 1–4 of the inmate behaviour management plan.

#### **Element 6: Keeping Inmates Productively Occupied**

The sixth and final element in the inmate behaviour management plan is keeping inmates occupied with productive activities that focus behaviour on the positive instead of the negative. Encouraging inmates to attend programmes and make use of services such as education classes, self-help and life skills programmes, structured recreational programs, religious activities, and the library will help the inmates to keep themselves occupied.

These elements, once established, function as an ongoing, integrated process designed to generate positive inmate behaviour—that is, behaviour that complies with the staff's expectations of what is acceptable. Implementing these elements puts control of the jail in the hands of the staff, rather than the inmates.

#### **3. Implementation of the Plan**

Establishing a formal, written inmate behaviour management plan serves the prison administrator as both a strategy for achieving more effective control over inmate behaviour and a mechanism for identifying problem areas in inmate behaviour management. The written plan should include goals, an overview of components (the six elements), and provision for periodic assessment to determine if the plan is meeting its goals.

The goals of the plan should be based on an assessment of the current status of inmate

behaviour in the prison and a determination of what behaviour is expected of inmates. Goals might address issues such as violence, vandalism, contraband smuggling, sanitation, and inmate compliance with rules. Goals should be specific and measurable, and the prison should develop a formal system to evaluate the achievement of stated goals at specified intervals.

Implementing an inmate behaviour management plan requires the following:

- Clear directives, in the form of written policies and procedures for each step of the plan.
- Adequate staffing levels.
- Staff training.
- Supervision of staff to ensure that the plan is implemented according to policies and procedures.
- Systematic documentation and recordkeeping of all activities related to inmate behaviour management.

Plan implementation and success also depend greatly on the active direction and leadership of the prison administrator. We must clearly articulate and demonstrate support for inmate behaviour management both philosophically and operationally. By implementing the six elements of the inmate behaviour management plan discussed here, the prison administrator puts control of the prison in the staff's hands, thereby ensuring the security of the jail and the safety of staff, inmates, and the community.

[Extracted from the 'Inmate Behaviour Management: The Key to a Safe and Secure Jail' by Virginia Hutchinson, Kristin Keller and Thomas Reid, Ph.D, National Institute of Corrections, U.S. Department of Justice.]

#### **COURSES AND PROGRAMMES CONDUCTED DURING APRIL – JUNE 2026**

##### **One-Day Training for Non- Official Visitors, Batch –II**



Sri B. Pradeep, Director, APCA, Vellore, inaugurated the One-Day Training Programme for Non-Official Visitors (Batch II) by lighting the ceremonial lamp. Dr. P. Govindrajan, Deputy Director, along with the faculty members, are also seen in the photograph.

The Academy organized a One-Day Training Programme for Non - Official Visitors (NOV's) of Tamil Nadu, Batch-II. Sponsored by the Tamil Nadu Prisons and Correctional Services Department, Tamil Nadu.

The Programme was inaugurated on 7th April 2026, at KLN Reddy Hall, APCA. Sri. B. Pradeep, Director, APCA, who graced the occasion as the Chief Guest and delivered the inaugural address and emphasized the importance of community participation in correctional administration. Dr. P Govindarajan, Deputy Director, APCA, Vellore delivered the welcome address. Prof. (Dr.) A. Mathan Raj, Course Coordinator, APCA, introduced the objectives and significance of the training programme. Prof. (Dr.) T.H. Ansar, proposed the vote of thanks.

A total of 26 Non-Official Visitors from across Tamil Nadu participated in the training programme. The programme was organized to sensitize NOV's to their statutory roles and responsibilities as members of the Board of Visitors under the Tamil Nadu Prison Rules, 2024.

The programme covered key areas including- Role and functions of Non-Official Visitors in Prison oversight; an overview of prison administration in Tamil Nadu; Tamil Nadu Prison Rules, 2024, with special reference to Rule 504; Correctional measures, prison reforms, and rehabilitation programmes; Human rights of prisoners and ethical prison monitoring; and Practical issues in the interface between prison administration and Non-Official Visitors through an interactive session. The training emphasized regular prison visits, grievance redressal, inspection of facilities such as food, sanitation, and medical care, and the importance of maintaining confidentiality, impartiality, and non-interference while discharging duties. The programme also highlights the vital role of Non-Official Visitors as a bridge between society and prison institutions in ensuring protection of prisoner's rights and promoting correctional objectives.

Senior prison officers, including Thiru. G. Shanmugasundaram, DIG Prisons, Vellore Range; Dr. D. Palani, DIG Prisons, Chennai Range; Mr. M. R. Ravishankar,

Senior Advocate, and the Director, Deputy Director and professors of APCA, served as resource persons for the programme.

#### Convocation of The 34th Batch of the Nine-Month Basic Course for Prison Officers



Sri K. Shankar, IPS, Director General of Prisons and Correctional Services, Tamil Nadu, presenting the certificate and medals to Sri M. Visanth, Jailor, Tamil Nadu, who was awarded the Best All-Rounder award and Best in Outdoor Activities award.

The convocation ceremony of the 34th Batch of the Nine-Month Basic Course for Prison Officers was held on 20th April 2026 at the Academy of Prisons and Correctional Administration (APCA), Vellore. Sri. K. Shankar, IPS, Director General of Prisons and Correctional Services, Tamil Nadu, graced the occasion as the Chief Guest and delivered the Convocation Address. Sri. B. Pradeep, Director, APCA, gave the presidential speech. The programme began with a warm welcome address by Dr. P. Govindarajan, Deputy Director, APCA. Course Report was presented by Prof. (Dr.) Beulah Emmanuel, Incharge of Training, APCA. The ceremony concluded with a formal vote of thanks proposed by Prof. R. Kanagaraj, APCA.

A total of 12 officers participated in the batch, including 1 Jailor and 8 Asst. Jailor from Tamil Nadu and 3 Asst. Jailors from Nagaland.

Sri. M. Visanth, Jailor, Tamil Nadu, was awarded the Best All Rounder and Best in Out Door Medals. Ms. Rose Mary Mero, Asst. Jailor, Nagaland, received the Best in Subjects Medal and Sri. S. Seenivasan, Asst. Jailor, Tamil Nadu was given a Special Appreciation Award.

### Convocation of the 48th Batch of the Three-Month In-service Course for Prison Officers



Sri K.Shankar, IPS, Director General of Prisons and Correctional Services, Tamil Nadu, felicitating Sri Anand Kumar, Assistant Jailor, Karnataka, on securing the Best All-Rounder, Best in Subjects, and Best in Prison Administration medals.

The convocation ceremony of the 48th Batch of the Three-Month In-service Course for Prison Officers was held on 20th April 2026 at the Academy of Prisons and Correctional Administration (APCA), Vellore. Sri. K. Shankar, IPS., Director General of Prisons and Correctional Services, Tamil Nadu, graced the occasion as the Chief Guest and delivered the Convocation Address. Sri. B. Pradeep, Director, APCA, gave the presidential speech. The programme began with a warm welcome address by Dr. P. Govindarajan, Deputy Director, APCA. Course Report was presented by Prof. (Dr.) Beulah Emmanuel, Incharge of Training, APCA. The ceremony concluded with a formal vote of thanks proposed by Prof. R. Kanagaraj, APCA.

A total of 18 officers participated in the batch, including 1 female and 17 male officers in the rank of Assistant Deputy Jailor, Asst. Supdt Grade-II and Asst. Jailor from the state of Kerala, Karnataka, Telangana and Tamil Nadu. These officers promoted from custodial ranks to the officer cadre after long years of service.

Sri. Anand Kumar, Karnataka, was awarded the Best All Rounder, Best in Subjects and Best in Prison Administration Medal. Sri. A. Palani, Tamil Nadu, received the Best in Out Door Medal and Smt. Suja Rani, Kerala was given a Special appreciation Award.

### Inauguration of the 49th Batch of the Three-Month In-service Course for Prison Officers



Sri Balram Kumar Upadhyay, IPS, Director General of Prisons and Correctional Services, Kerala, delivered the inaugural address and graced the occasion. Sri B. Pradeep, Director, APCA, Vellore; Dr. P. Govindarajan, Deputy Director; and the faculty members are pictured in the photograph.

The 49th Batch of the Three-Month In-Service Course for Prison Officers commenced on 28th April 2026. The Chief Guest of the programme Sri. Balram Kumar Upadhyay, IPS., Director General of Prisons and Correctional Services, Kerala who inaugurated the course, with a traditional lighting of the lamp and delivered the inaugural address, encouraged the officers to adopt evidence – based practices and uphold the highest standards of correctional professionalism. The Presidential Address was delivered by Sri. B. Pradeep, Director, APCA, who underscored the significance of inter-state collaboration in correctional service delivery.

The programme began with the warm welcome address by Dr. P. Govindarajan, Deputy Director, APCA, who highlighted APCA's longstanding commitment to capacity-building for correctional personnel. The introduction to the course was presented by Prof. (Dr.) Beulah Emmanuel, Training In-Charge, who emphasized the curriculum's focus on modern correctional strategies, behavioural management, human rights, and operational efficiency.

The batch comprises a total of 30 prison officers representing 5 states; 5 officers from Karnataka, 10 officers from Andhra Pradesh, 4 officers from Kerala, 6 officers from Telangana and 5 officers from Tamil Nadu.

### Convocation of the 9th Batch of the Three-Month Basic Training Course for Probation Officers



G. Shanmugasundaram, DIG of Prisons, Vellore Range, Presenting Certificate and Medal to Smt. U. Mueena Khatoun, Probation Officer, Tamil Nadu, who was awarded Best in Subject Medal.

The convocation ceremony of the 9th Batch of the Three-Month Basic Course for Probation Officers was held on 9th June 2026 at the Academy of Prisons and Correctional Administration (APCA), Vellore. Sri.G. Shanmugasundaram, DIG of Prisons, Vellore Range, graced the occasion as the Chief Guest and delivered the Convocation Address. Sri. B. Pradeep, Director,

APCA, delivered Presidential Address. The programme began with a warm welcome address by Dr. P. Govindarajan, Deputy Director, APCA. Course Report was presented by Prof. Dr. Beulah Emmanuel. The ceremony concluded with a formal vote of thanks proposed by Prof. R. Kanagaraj, APCA.

The batch consisted of 10 Probation officers from Tamil Nadu Probation Department, among them 4 were women officers and 6 male officers holding graduate and postgraduate qualifications in various disciplines, including Social Work.

Smt. U. Mueena Khatoon, was awarded Best in Subjects Medal and Sri. J. Bala Subramaniyan received Best in Penology, Probation, Parole and After Care Medal.

**Study Tour for the 9th Batch of the Three-Month Basic Training Course for Probation Officers**



The Probation Officer Trainees of Tamil Nadu visited the Central Prison, Palayamkottai, Tamil Nadu. Sri Senthamarai Kannan, Superintendent, along with the Team Leader, Prof. R. Kanagaraj, and the Probation Officers, are seen in the photograph.

The trainee officers of the 9th Batch of the Three-Month Basic Training Course for Probation Officers undertook a 8-day study tour scheduled from 06.05.2026 to 14.05.2026. The team visited, Palayamkottai, Kollam, Ernakulam, Cheemeni, Mangalore and Mysuru under the leadership of Prof. R. Kanagaraj, Professor of Psychology, APCA, Vellore.

**Study Tour for the 49th Batch of the Three-Month In-service Course for Prison Officers & 9th Batch of Three-Month Basic Course for Welfare Officers**



The Trainee officers of the 49th Batch of the 3-month In-service course are seen along with, Sri. S Sanjeev, D.I.G. of Prisons, Central Zone, Kerala and Prof. (Dr.) T.H. Ansar, during their visit to Central Prison & CH, Viyyur, Kerala.

The trainee officers of the 49th Batch of the Three-Month In-Service Course for Prison Officers undertook a study tour from 21.06.2026 to 28.06.2026 as part of their training programme. The team visited Central jails, High Security Prison, District jail, and Special Sub jail in Thrissur, Devilulam, Theni, Madurai, Trichy, and Puducherry under the leadership of Prof.(Dr.) T.H. Ansar, Prof. of Prison & Correctional Administration, APCA, Vellore.

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