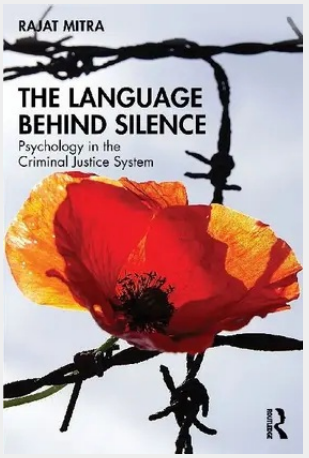
Mitra

The Language Behind Silence

Psychology in the Criminal Justice System



This book describes psychotherapeutic approaches and interventions, both at individual and group levels, that a psychologist used with people going through intractable conflicts. It contains 27 stories of people who, in different circumstances, might not have sought psychotherapy. When the larger society had given up hope of change and redemption, the therapeutic intervention transformed their lives. The book shows that the possibility of change exists every time and everywhere. The sessions with the author helped create a healing space in the midst of chaos and disorder. The therapy provided was mostly supportive and eclectic in nature, involving unconditional regard for the individual, bringing in a transformation that was otherwise unimaginable. The book also demonstrates how lived experiences of grief and loss are universal and part of the larger human condition – one that, if responded to with sensitivity and compassion, can bring hope. It will be useful to students of psychology, sociology, political science, and law; researchers; those working in police, prisons, and the judiciary; and policy-makers. The volume shows how psychologists and psychotherapists can be agents of change in real life, by extending the scope of psychotherapy beyond the clinical settings seen as standard since the last century.

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