

**EVALUATION OF A TREATMENT PROGRAMME FOR INCARCERATED  
RAPISTS**

BY

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**SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE  
DEGREE**

**PHILOSOPHIAE DOCTOR**

**IN THE FACULTY OF HUMANITIES**

**AT THE UNIVERSITY OF PRETORIA**

**NOVEMBER 2002**

CEP 111111  
HABER 111111

## ACKNOWLEDGEMENTS

I wish to express my sincere gratitude and appreciation to:

The Department of Correctional Services for the invaluable experience and knowledge gained from working as a psychologist in the Department of Correctional Services for approximately twenty years.

The National Commissioner, who granted permission and support to conduct this research with incarcerated rapists as well as the Area Manager and personnel of the Leeuwkop Prison for their cooperation and support during the study.

The prisoners who were willing to participate in this research project and whose trust, commitment, eagerness and respect made this research possible. I learnt more from them than they may have learnt from me.

Mrs Minette Bekker, psychologist from Krugersdorp Prison, for her willingness to participate as cotherapist, her inputs, careful documenting and emotional support during the whole process.

My promoter, Prof R P de la Rey, for his guidance and support throughout the study.

Mr Patrick Coetzee from the Pacific Institute South Africa, whose enthusiasm and commitment in the voluntary rendering of the S.T.E.P.S. programme inspired everyone.

My late father for instilling in me the importance of continuous study, as this was one of his legacies, and to my mother, for her love and emotional support over all the years and whose dream was the completion of my studies.

Ms Iauma Cooper, the language practitioner, for her editing, guidance and support.

## DEDICATION

I dedicate this research to: of a treatment programme for binge-eating disorder as my own work and that all references have been fully acknowledged in the text and in the bibliography.

The memory of my parents.

Opportunities expressed and conclusions arrived at in this research are those of the author and do not represent the views of the Department of Correctional Services.

Thank you and Godspeed.

My children, Ziel and Yvette, for their love and emotional and moral support.

You are the light of my life.

## AFFIDAVIT

I declare that **Evaluation of a treatment programme for incarcerated rapists** is my own work and that all references have been fully acknowledged in the text and in the bibliography.

Department: Psychology

Opinions expressed and conclusions arrived at in this research are those of the author and are not necessarily those of the Department of Correctional Services.

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29 November 2002

## ABSTRACT

Title: Evaluation of a treatment programme for incarcerated rapists

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This study consisted of an evaluation of different processes of change observed during the implementation of a treatment programme for incarcerated rapists that was developed by the researcher for a unique South African context.

As no treatment programme was readily available for rapists, such a programme for incarcerated rapists first had to be developed and then implemented before the evaluation process could proceed. In order to do this, the researcher utilized a processual approach as well as two models of change to guide and evaluate the different processes within the broad research process. The Total Transformation Management Process (Mink, Esterhuysen, Mink & Owen, 1993) focused on the process to develop the treatment programme, while the Interchange Cycle (Brock & Salerno, 1994) focused on the changes that took place in the rapists during and after the implementation of the treatment programme. The information obtained from the results suggests that the two models that were used to evaluate the different change processes complemented each other as both models indicated that change took place on different levels.

The findings determined that the treatment programme for incarcerated rapists was effective for first-time rapists and recommendations were made for future research.

## OPSOMMING

Titel: Evaluering van 'n behandelingsprogram vir gevonniste verkragters

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Graad: Philosophiae Doctor

Datum: 2002-11-29

Hierdie navorsing is gerig op die evaluering van die verskillende prosesse van verandering wat waargeneem is tydens 'n behandelingsprogram vir gevonniste verkragters wat deur die navorser vir gebruik in 'n unieke Suid-Afrikaanse konteks ontwikkel is.

Omdat geen behandelingsprogram vir gevonniste verkragters geredelik beskikbaar was nie, moes so 'n behandelingsprogram eers ontwikkel en daarna geïmplementeer word voordat evaluering kon plaasvind. Om dit te kon doen, het die navorser gebruik gemaak van 'n prosesbenadering sowel as van twee modelle om die prosesse binne die breëre konteks van die navorsingsproses te struktureer en te evalueer. Die "Total Transformation Management Process" (Mink, Esterhuysen, Mink & Owen, 1993) het gefokus op die ontwikkeling van die program, terwyl die "Interchange Cycle" (Brock & Salerno, 1994) gefokus het op die veranderinge wat plaasgevind het in die verkragters gedurende en na die implementering van die behandelingsprogram. Die inligting wat verkry is van die resultate toon dat die twee modelle wat gebruik is die veranderingprosesse gekomplementeer het omdat beide modelle aangedui het dat verandering op verskillende vlakke plaasgevind het.

Die bevindinge bepaal dat die behandelingsprogram vir verkragters effektief was vir eerste-oortreder verkragters en verskeie aanbevelings is gemaak vir toekomstige navorsing.

## TERMS AND DEFINITIONS

- Sex offender:** An individual who commits a sexual crime as legally defined in his or her own culture or legal jurisdiction (Coleman & Dwyer, 1990).
- Sex offence:** There is no general consensus as to what constitutes a sex offence and what is the appropriate punishment for this crime (Coleman & Dwyer, 1990).
- Psychological treatment:** Psychological treatment refers to an array of psychotherapies, which have been designed to treat sex offenders. Different treatments are based on different psychological and psychiatric theories on the origin of the sex offending; for example, psychoanalytic, behavioural, social learning and family systems theories. Psychological or psychiatric care can be provided in individual, couple, family or group psychotherapy. The purpose of treatment is an attempt to prevent further offending behaviour and further victimization of others (Coleman & Dwyer, 1990).
- Prison:** Refers to any place established under the Correctional Services Act 111 of 1998 as “a place for the reception, detention, confinement, training or treatment of persons liable to detention in custody or to detention in placement under protective custody, and all land, outbuildings and premises adjacent to any such place and used in connection therewith and all land, branches, outstations, camps, buildings, premises or places to which any such persons have been sent for the purpose of imprisonment, detention, protection, labour, treatment or otherwise”.

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Offender:	A person who offends, especially by breaking the law (Hornby, 1989).
Prisoner:	Any person, whether convicted or not, who is detained in custody in any prison or who is being transferred in custody or is en route from one prison to another prison (Correctional Services Act 111 of 1998).
Sentenced prisoner:	Refers to any person who has been sentenced to imprisonment (Correctional Services Act 111 of 1998).
Process :	For the purposes of this study, process refers to “a series of natural stages passed through bringing development or change” (Chambers-MacMillan, 1996, p. 765).
Processual:	For the purpose of this study, processual refers to a procedural or social process (The New Shorter Oxford Dictionary, 1989, p. 2364) but can also be seen as of or relating to functional or operational processes (Webster’s Third International Dictionary, 1986, p. 1308).
Programme:	Refers to “descriptive notice of series of events, e.g. of course of study” or “definite plan of intended proceedings” (The Concise Oxford Dictionary of Current English, 1983, p. 822).



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## BACKGROUND TO THE STUDY

### 1.1 RAPE IN SOUTH AFRICA

In June 1991, shortly after the end of Apartheid, General du Toit (1991, p. 4) stated that "rape was by far the most common crime in the country" and that "rape was the most serious crime against women in the country". He further stated that "the incidence of rape in the country will continue to rise with the political changes" (Hester, 1994, p. 4). This view was confirmed by Hester and Gombelaur (1994, p. 19), who found that South Africa had the highest rape figures in the Western world – over 70 000 women were raped every year, averaging about 400 rapes daily. The same view appears to have been confirmed by Jansz (1997) who found that the incidence of rape has indeed increased. Given the high incidence of rape in South Africa, many people believe that no one is safe from rape (Vogelman, 1990).

### 1.2 NEED FOR RESEARCH ON SEXUAL OFFENCE

The need for research on sexual offences and particularly rapists has been established. It is now assumed that approximately 50 women are raped every month in the Metropolitan area in Pretoria alone, which is considered a hotbed of crime by the police (Hester, 1994).