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ASSIGNMENT QUESTION: WHY IS PSYCHOLOGY IMPRTANT AS A YOUTH OFFENDING TEAM LEADER?

INTRODUCTION:

Psychology is important as a youth offending team leader as it leads to a greater understanding to what the behaviours of these offending youths mean. One of the theories of development which can be applied to this profession is Freuds psychodynamic approach, by applying this theory the behaviours of these individuals will be given meaning, this will allow for team leaders to look for ways to aid the youth to help ameliorate the situations they may be facing in everyday life which could be contributing towards their behaviour. Also treatments developed by Freud can be applied to the youth which can also aid them.

ABSTRACT:

The psychodynamic approach is a theory developed by Sigmund Freud according to Freud our behaviours are heavily directed by our unconscious mind, this part of the mind is associated with our judgements, behaviour and feelings. Our behaviours are also substantially influenced by our past experiences and these past experiences are stored in our unconscious, our adulthood behaviours are due to our early childhood experiences. Our personality is divided onto three structures the id, the ego and the super ego. The id lies solely in the unconscious, and the id operated based on pleasure principle meaning that it requires immediate gratification, this could be applied to youth offender who's id's may be pushing them to do inappropriate behaviours. The ego is what mediates between the id and the real world, waiting for a more appropriate environment to satisfy the needs of the id. The super ego lies in the conscious and it is what determines whether behaviours are acceptable or not (McLeod, 2020). By using the psychodynamic approach youth offending team leaders are able to look at factors which may be a driving force in the individuals behaviour, for example Freud explained how early experiences are what shapes our behaviour, by using this explanation team leaders are then able to look at the emotional development of individuals and they then may find reasons as to why they are behaving in a way that breaks the law. Individuals may have faced problems such as sexual or physical abuse as children and this trauma of their past is what is causing them to relieve themselves from their pain, the psychodynamic approach allows youth leaders to view things from a different perspective in order to gain a more augmented understanding to the meaning of these behaviours (CYC NET, 2010).

Psychodynamic therapy can also be useful when working with offending youth. Therapy helps individuals as it gains insight to emotional patterns and the roots of these types of behaviours, and this will later help to provide coping mechanisms when situations arise now and in the future. Therapy can be used to treat any other underlying mental health issues which may be impelling causes to their behaviour, such as; anxiety, depression, interpersonal problems and psychological issues. Evidence suggests that psychodynamic therapy is extremely effective when treating many conditions, and by treating these conditions youth leaders may be able to also prevent the bad patterns of behaviour displayed by the members

of the youth (cherry, 2021). Psychodynamic therapy has been known to help individuals to understand and recognize their patterns of behaviour, as people usually develop tendencies without being aware of them. It is also known for understanding emotions and gaining insight to what has caused behavioural dysfunction. Psychodynamic therapy has also shown to improve relationships and teaching individuals how to respond with others. Psychodynamic therapy is useful for offending youth as it not just provides them with therapy but also helps to teach them and give them a greater understanding as to why what they are doing is wrong so that they can then abide by the law and build a future for themselves.

The techniques that can be used by youth offending team leaders to help treat the offending youth are free association, dream analysis and transference. These are all therapies which have been developed by the psychodynamic approach and can be effective in treating offending youth. Free association involves exploring the unconscious, clients are told to say whatever comes to their mind whenever a word is presented to them by a therapist, it is then the therapists job to take these responses and interpret them and recognise them as patterns in associations identified, this type of therapy can be used to uncover desires which lie in the unconscious and intense emotions which may not be identified by clients and if affecting the way that they behave. Dream analysis is used in order to investigate any repressed feeling individuals may have that are show in their dreams the psychoanalytic theory of Freud believes that repressed feelings come into play while in our dreams, and why this happens is due to our defences being weakened by our sleep, this therefore then allows for us to unveil any unconscious thoughts individuals. Dreams have to levels latent and manifest content, latent content are hidden emotions, wishes and fears, manifest content is the dream as it actually appears (Roundy, 2019). Transference is when a person redirects any feelings that they have for one person to another person, the individual can project any feelings of anger, hostility, love or any other possible feelings that they may have onto their therapist or doctor, this will then allow for better insights to their thought and feelings and allow for treatment helping to ameliorate their situation and teaching them how to better deal with their current problem and this can then later help the patient to develop long-term healthy relationships with others (Holland, 2019).

CONCLUSION:

By being equipped with the correct knowledge of the psychodynamic approach, team leaders will then be able to battle the situation at hand effectively not only improving the life of these individuals but also helping their town or city by reducing the crime. Team leaders will be able to not only give individuals a better chance in succeeding, but also preventing youth offenders as they will be able to see patterns in which these types of behaviours root from. This highlights why psychology is important for youth offending team leaders as it provides them techniques and methods which help them to perform better at their role.

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Roundy, L. (2019). *Psychoanalytic Therapy: Free Association, Dream Analysis and Transference & Resistance Video with Lesson Transcript* | Study.com. [online] Study.com. Available at: <https://study.com/academy/lesson/psychoanalytic-therapy-free-association-dream-analysis-and-transference-resistance.html>. (THIS HIGHLIGHTS THE APPLICATION OF THE PSYCHODYNAMIC THEORY THAT COULD BE USED ON YOU OFFENDERS)