

In prison, the everyday conversations we have can provide rehabilitative opportunities. When you use **procedural justice principles** and **FMI skills** you can help people to think and behave differently.

**FMI can be used by anyone, at any time.** In practice this might mean re-phrasing a question, simply saying hello, or applying the range of FMI skills during a **key work session**.

## Five Minute Intervention

**Every conversation counts.**

### Socratic questions

Questions that make people think before they answer. They involve people working things out for themselves. For example, *'what will happen if you refuse to leave your cell?'*

### Rolling with resistance

Listening to *why* a person might be against change, and learning more about their barriers to change, rather than arguing *for* change or telling them why they should change.

### Building trust and confidence

Treating people with respect; being reliable and consistent (doing what you say you are going to do).

### Giving people hope

Saying hopeful and encouraging things to show you believe people in prison have the capacity to live happy, fulfilling and pro-social lives; that they can change, and they have the strength and capacity to overcome difficulties

### Encouraging people to seek reliable information

Helping people to evaluate the strengths and weaknesses of the information they have available to them so they can work out the difference between reliable and unreliable sources of information.

### Listening

Concentrating when people are talking, actively showing you are listening to them, that you are interested in what they are saying and that you want to help them. Asking questions, reflecting back what they have said to you, checking you have understood correctly.

### Moving from negative to positive

Helping people to see situations, themselves, and others in a more positive and hopeful way.

### Giving and receiving feedback

Listening to feedback – taking the views of others seriously, and being open to what they say. Responding with specific positive reinforcement, and using this as a way to help residents build up their skills.

### Creating space

Collaboratively taking residents away from potentially challenging situations in order to give them time and space to calm down, and not to be influenced by others. To step back and think.

### Building commitment to change

Recognising it takes commitment to move away from criminal behaviour. Helping people to think about why change is difficult for them, to recognise the benefits of change and the disadvantages of staying as they are.