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Treatment Alternatives for Mentally Disordered Offenders: A Literature Review

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ABSTRACT

Over the last few decades, a considerable amount of research has been devoted to mentally disordered offenders, with both theoretical and empirically validated treatments permeating the literature. Due to the recent onslaught of treatment options for MDOs, a synthesis of this literature seems immediately relevant to the field of forensic psychology. The authors review the current status of the treatment literature for both sentenced and nonsentenced MDOs in both inpatient and outpatient settings. An exhaustive search of the available literature on MDO treatment options was conducted. Ten treatment modalities, both theoretical and empirically validated, were summarized, including their theoretical underpinnings, interventions, empirical support, and strengths and weaknesses. Issues surrounding future research are also discussed.

KEYWORDS

Mentally Disordered Offender, Empirically Validated Treatment, Evidence Based Treatment, Forensic Psychology

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