

Evaluation of an individual psychological rehabilitation program for habitual traffic offenders



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Evaluation of an individual psychological rehabilitation program for habitual traffic offenders

1. Background
2. Aim
3. Method
4. Results
5. Discussion / Conclusions

1. Background

Germany has a long tradition of the rehabilitation for traffic offenders.

(Winkler, 1963; Schneider, 1966; Spoerer, 1972, ...)

For 60 years the Medical Psychological Assessment (MPA) has been an important method to assess driver's requirements for a safe driving in Germany.

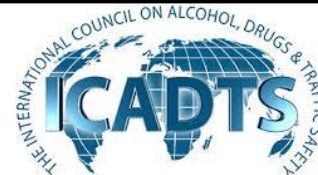


AFN

Gesellschaft für Ausbildung, Fortbildung und Nachschulung e. V.

Association for Education, Advanced Training and Further Education

- **Development and implementation of rehabilitation programs for traffic offenders**
- **traffic psychological research**



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AFN



Headquarters: Cologne

Offices: Dresden and Bremen

- **80 psychologists**
- **Seminars, courses and individual treatments**
- **provided in more than 60 cities**
- **founded in 1978**
- **more than 100.000 successful participants**



2. Aim

Offenders, willing (voluntary) to restore their fitness can be expertly guided by a traffic psychologist.

They have to realize the whole extend of their problems (alcohol, drugs, speeding, etc.) and implement constructive and sustainable changes in their attitude and behavior.

A traffic psychological rehabilitation method has been developed and evaluated on the basis of MPA results.

3. Method

The AFN developed a “traffic psychological therapy” based on Alfred Adler's Individual Psychology (IP).

Our Traffic Psychological Therapy:

focal lifestyle analysis (each participant revises the background of his own individual problem)

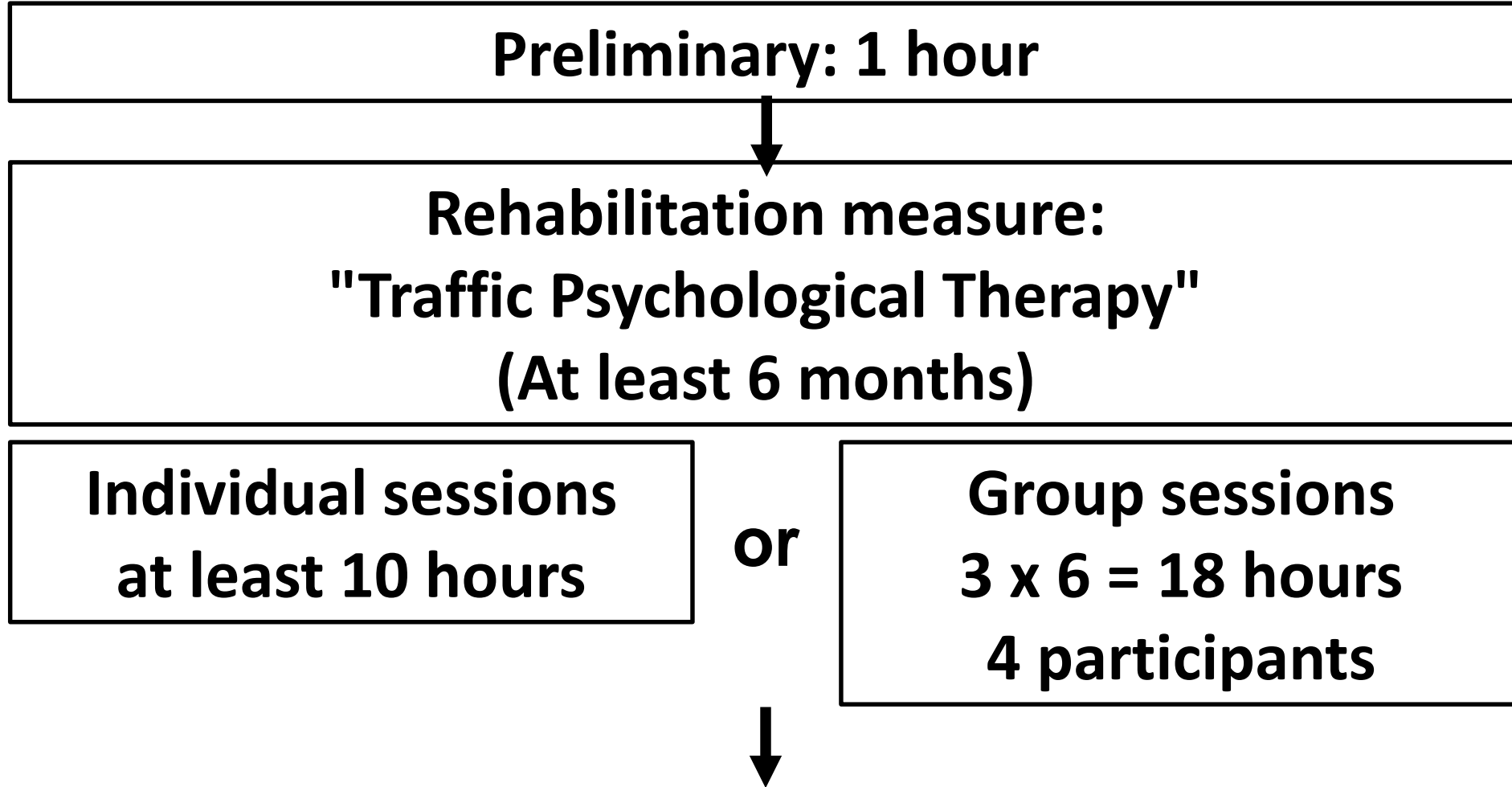


Methods of individual psychological rehabilitation:

- **Survey of drinking habits / drug habits / criminal behavior**
- **Description of problems (alcohol / drugs / crime)**
- **Family constellations**
- **curriculum vitae**
- **external assessment**
- **childhood memory**
- **projective methods**



Process of the therapy





MPU

"Medizinisch-Psychologische Untersuchung" Medical Psychological Assessment (MPA)

Brenner-Hartmann, J., Wagner, T., Mußhoff, F., Hoffmann-Born, H., Löhr-Schwab, S., & Seidl, J. (2014).

*Assessment of personal resources for safe driving.
The principals of medical psychological assessment in
Germany.*

Bonn: Kirschbaum.

ISBN: 978-3-7812-1923-6

MPA (Medical Psychological Assessment)

Medical Examination

1. Med. history
2. Physical examination
3. Laboratory analyses

Psychological performance test

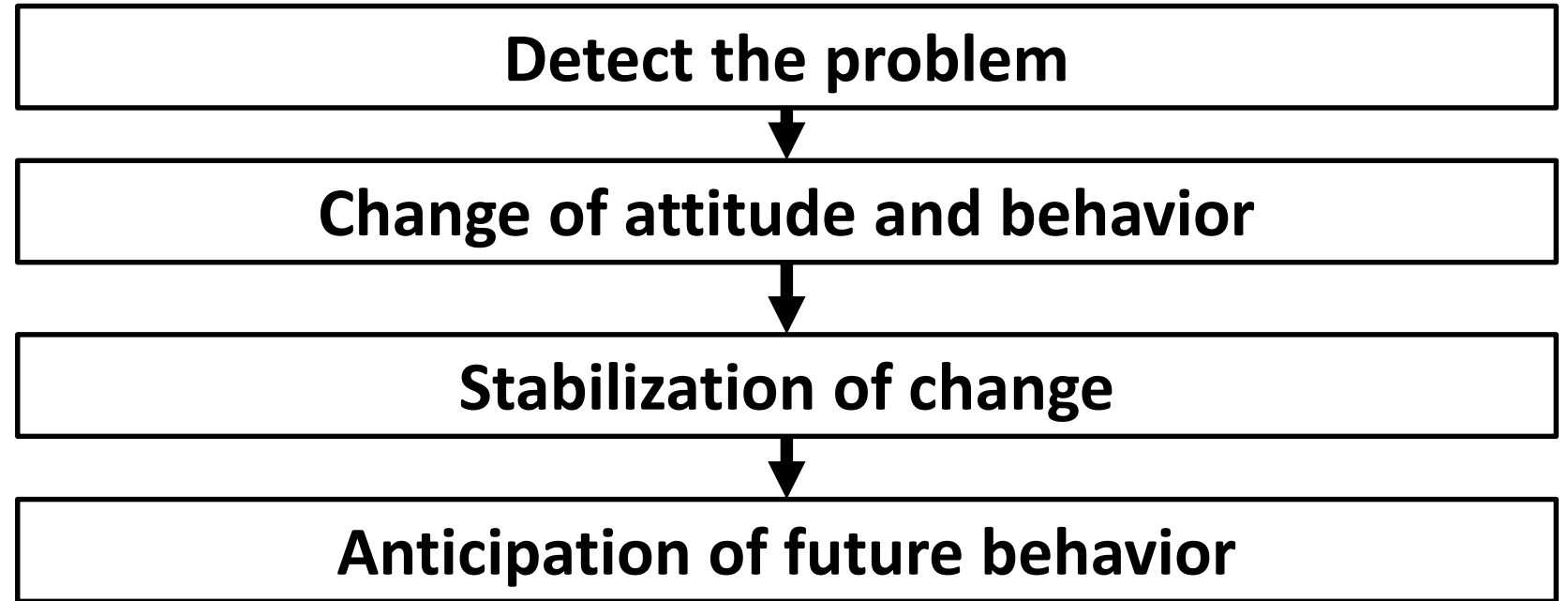
1. Reaction capacity
2. Visual perception
3. Concentration

Psychological Interview

1. Warming-up phase
2. Collection of biographical data
3. Report on the traffic offenses
4. Evaluation of offense-relevant behavior and attitude changes

Evaluation of the findings by the med. doctor and by the psychologist

Contents of the Psychological Interview



**DGVP & DGVM (Hrsg.). (2013).
Urteilsbildung in der Fahreignungsbegutachtung.
Beurteilungskriterien. 3. Aufl., Bonn: Kirschbaum.
ISBN: 978-3-7812-1894-9**

alcohol, drugs, traffic offences



voluntary: traffic psychological rehabilitation



mandatory: MPA (medical psychological assessment)

2014:

91.536 MPA in Germany,

**which represents only 0,2 % of the
total amount of motorists in this country**

alcohol, drugs, traffic offences

voluntary: traffic psychological rehabilitation

mandatory: MPA (medical psychological assessment)

positive outcome

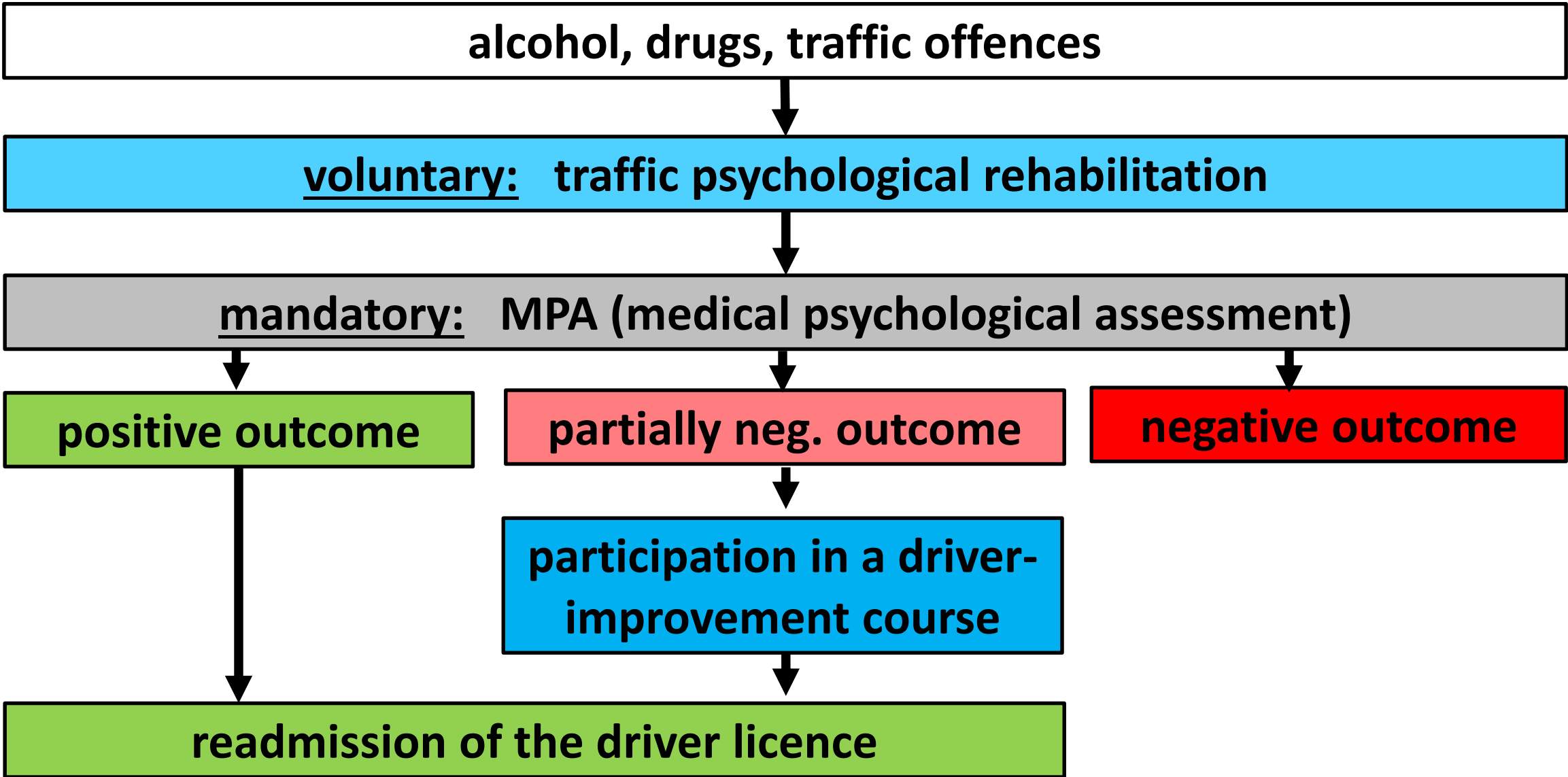
partially neg. outcome

negative outcome

Germany: 58 %
2014

7 %

35 %



4. Results of our evaluation

182 subjects took part in the evaluation.

They completed the rehabilitation between 2013 and 2015.

136 in individual sessions

46 in small groups



	alcohol	drugs	traffic offences	Σ
2013	40	10	9	59
2014	55	8	14	77
2015	38	3	5	46
Σ	133	21	28	182
	73 %	12 %	15 %	100 %

alcohol, drugs, traffic offences

voluntary: traffic psychological rehabilitation

mandatory: MPA (medical psychological assessment)

positive outcome

partially neg. outcome

negative outcome

Germany: 58 %

7 %

35 %

Results of our evaluation:

85 %

7 %

8 %

5. Discussion / Conclusions

Traffic psychological therapy is a good way to restore driver fitness

next step:

verify the results over the next 3 years by monitoring relapses

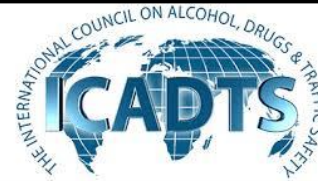
See you again in T2019 !?

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We thank you for your attention.

