A study on the intervention of film therapy in the field of judicial social work

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Abstract. Judicial social work is an important force in promoting the construction of a socialist society under the rule of law with Chinese characteristics, and in the face of the current complex social situation, it is necessary to introduce new working methods to better fulfil the objectives of early prevention, timely intervention, behavioural modification and empowerment. The effectiveness of film therapy in the psychological treatment and personal growth of clients has been recognised in other fields of social work, but its intervention in judicial social work is somewhat lacking, and it is worth further exploring the feasibility of combining the two.

Keywords: Judicial social work; Film Therapy; Offender Correction.

1. Introduction

Judicial social work, as a direction of development in social work, is also guided by altruism. Since its inception, communal work has been used as a tool to intervene in the reform of the judicial system, injecting flexible regulation into the rigid judicial process with a professional perspective and approach, and promoting the development of a new type of social work. Its development has contributed to the modernisation and longitudinal transformation of China's judicial system, and is of great significance in the construction of a law-based society. This article aims to explore the concept of film therapy, its theoretical basis and its mechanism of action, as well as the feasibility, viability and necessity of film therapy as a new approach to jurisdictional social work from the perspective of its advantages. It also makes some prospects for the introduction of film therapy into the development path of judicial collective work to promote its professionalisation.

2. Judicial social work and the dilemma of its current practice

2.1. The concept of judicial social work

As the name implies, judicial social work is both judicial and social work in nature. As an emerging interdisciplinary discipline, social work in a narrow sense refers to social work that uses the concept of social work methods as a welfare supplement to intervene in the judicial process and serve the national judicial system; while in a broader sense, it is a cross-disciplinary profession that targets special groups of people (including social misconduct, groups of transgressors and groups of victims) on an equal footing between justice and social work, under the concept of non-punitive (including correction It is a cross-cutting profession that aims to achieve the goals of subject formation and social protection through counselling, correction, education and rehabilitation, under the guidance of non-punitive (including correction and restitution) concepts. This article discusses the justice society based on its broad definition.

2.2. The establishment of the legal status of judicial social work in the continent

In response to the United Nations Convention, the trend towards the reform of the judicial system is to decriminalise and de-formalise the judicial process, and judicial social work was first developed in a number of Western countries, including the UK, to take on the important task of judicial diversion. Judicial social work is slowly developing among the social services purchased by the government. Since 2014, judicial social work has gradually transformed from the status of an informal social force

to a legitimate status within the judicial system; in December 2019, after the joint efforts of several departments, the National People's Congress passed the Community Correction Law, confirming at the highest legislative level the legitimate status of judicial social work in the community correction work system and the national judicial system.

2.3. Important service areas for justice social work

As China's judicial model shifts from one of state justice to one of consultative justice and restorative justice, the main body of sentence enforcement gradually extends to the community, and the focus of judicial social work shifts to this. The main areas of service include the following important ones: firstly, community correction, which refers to the non-custodial sentence enforcement activities of placing eligible persons serving their sentences in the community, with the assistance of relevant professionals, to correct their criminal psychology and behavioural vices and facilitate their smooth return to society within the period determined by judgement or verdict. Secondly, re-education is a non-compulsory guidance, support, education and management measure aimed at helping clients to strengthen their ideological reform and behavioural correction, so as to adapt to their new environment and achieve the goal of a self-supporting, peaceful and happy social life. Thirdly, psychological counselling: to provide personalised psychological counselling services to individuals or families in need, using the skills and concepts of social workers to provide emotional regulation and psychological counselling services.

2.4. Current practice dilemmas

Most scholars believe that judicial social work should function together as a judicial-social work system to solve social problems, and the author also holds this view. It is more instrumental in nature. The reasons for this are, firstly, the low level of social recognition of judicial social work. Judicial social work emerged from the traditional social work, which is in the same lineage. In the mid-19th century, social work originated from Western philanthropy and emerged on the basis of "scientific philanthropy", while judicial social work emerged at a much later stage. Secondly, the degree of professionalisation of judicial social work is low. At the legislative level, there are still few special policy documents and laws and regulations, which has led to the fact that judicial social workers still do not have a clear role, and are in the middle of the judicial organs and social work agencies. The quality of the talent pool varies, and there is a lack of high-quality professional talent.

Judicial social workers are faced with the ethical dilemma of multiple roles and they are prone to make conflicting choices between punitive control and a more therapeutic function. As social workers, JSWs prefer to work with the client as the centre of their work and establish a trusting and intimate working relationship in order to create a relaxed and pleasant atmosphere of dialogue. However, the judicial emphasis on the compulsory nature of the law, the seriousness of communication with offenders and the current judicial model in China's general environment, which is mainly punitive in nature, make the practice of judicial social work face many challenges. In their work, apart from being loyal to the institution and taking care of their clients, judicial social workers must also comply with the rules and procedures of the judiciary in order to deal with matters related to their clients in accordance with the spirit of the law; in addition, judicial social workers have to deal with special clients, such as those serving community sentences (including the five categories of people on probation, control, parole, deprivation of political rights and medical parole), ex-prisoners, marginalised youths and These people are mostly perceptual in nature. Most of these people have more emotional perception than rational judgement, and most of them have lost their personal freedom, so they need more long-term and professional intervention of judicial social work services. As a judicial social worker, there are certain challenges in establishing an intimate and professional relationship with the clients, including the conflict between the limits of confidentiality and the rules of justice, the conflict between the non-judgemental concept of social work and the quantification of justice, and the conflict between the seriousness of justice, the limited time and frequency of meetings and the working atmosphere expected by social workers.

Based on the current situation of inadequate development of judicial social work, the following discussion will focus on the theoretical basis of film therapy, its mechanism of action, its advantages and the possibility, feasibility and necessity of combining with judicial social work, in order to explore a new development path in the field of judicial social work practice.

3. Film therapy and its feasibility for social work intervention

3.1. The concept of film therapy

Movie therapy is the intersection of film art and psychological medicine, first introduced by British psychiatrist Bernie Fforde in the 1990s. Initially, it involved watching art films to help patients vent their emotions, gain strength and empathy, and help the therapist to see the source of the patient's psychological problems, thereby strengthening courage and healing the mind. It has been used in many countries in Europe and the USA since 1990 and is widely used in psychology, education, medicine and other fields.

3.2. The main mechanisms of action of film therapy

Film can be viewed as an effective intervention in human psychological activity, which can be divided into three dimensions: projection, identification and integration. For the viewer, projection means that they can see part of their 'alter ego' of the screen. Lacan's 'mirror theory' suggests that all identities are imaginary, a series of mirror images. Film therapy can help us perceive complex emotions and thus liberate us. It can be done because it offers an explanation in a way that reduces the emotional load and produces better transparency. It can help us to optimising the efficiency of our emotion management. Based on the biological function of the human eye, the creators follow the principle of perspective to construct film images whose spatial centre echoes the visual effects of the human eye. In the process of viewing, the viewer acts as the photographic subject and the film image as the visual object, together building a complete visual image. Take Hayao Miyazaki's animated films as an example, the classic sea train in "A Thousand and One" and the magic spell in "The Witch's House" follow this principle, so that even if they are fictional anime worlds, people will still identify with them during the viewing process and will not feel abrupt and unfamiliar. It can be deduced that the film provides a dream-like subconscious space for the audience. When the viewer enters the darkened viewing area, under the principle of perspective and the physiological mechanism of the human eye, he or she treats the film screen as a mirror image of the self. With the combined effect of the film's images, the background music, the interlocking plot and the actors' brilliant interpretations, the viewer is brought into the world created by the film and develops an empirical and imaginative identification with the art film and even tries to understand the symbolic elements of the film --Metaphor.

The film has a symbolic and metaphorical educational function. According to Metz's further analysis, the viewer is also equipped with a special ability - perception - on the basis of which the viewer's perception of the film reaches from the identification-imagination realm to the perception-symbolic realm. This is the metaphorical nature of cinema. After extensive practical and theoretical research, scholars such as Huang Jiyi and Berg-bross have concluded that the metaphorical nature of cinema is the most important thing medium through which it can play a corrective role. In this process, film therapy helps people to modify and reconstruct their perceptions: on the one hand, film can give people positive psychological cues. the blooming of a flower to the fate of a protagonist, all can be symbolic hints in a film. When confronted with a mountain, film therapy helps people to modify their perception from "the mountain is far away and unreachable" to "I see the green mountains, and I expect the mountains to see me like this". The film inspires people's desire for a better life and provides them with the motivation to stay in; on the other hand, the process of watching the film is also a process of interpreting and reconstructing the audience's life experience. By guiding the audience to compare the similarities and differences between themselves and the film to generate self-reflection and self-identification. Finally, Bandura's alternative learning theory suggests that people

can learn behaviourally and transform their thinking through observation. People are instinctively capable of observing and imitating and learning, and art film can teach the viewer another sense of 'teaching by word' and 'teaching by example'. The process of watching a film is a work of learning.

3.3. The unique advantages of film therapy

3.3.1 The character of the film

Since its inception in 1895, the art of cinema has been universally popular and is characterised by its widespread nature. Compared to reading therapy, music therapy and painting therapy, which are also art therapies, watching films requires a low level of appreciation of art and there is no restriction on the audience's literacy level, so it is applicable to a wide range of groups. Secondly, immersion. According to Gestalt theory, the process of perceptual activity is the result of the functioning of the whole organism. The effect of a film involves not only intellectual understanding, emotional experience, tension or other isolated patterns of behaviour, but also the activity of the entire organism involved in a particular environment. Since its inception in 1895, the art of cinema has been universally popular and is characterised by its widespread nature. Compared to reading therapy, music therapy and painting therapy, which are also art therapies, watching films requires a low level of appreciation of art and there is no restriction on the audience's literacy level, so it is applicable to a wide range of groups. Secondly, immersion. According to Gestalt theory, the process of perceptual activity is the result of the functioning of the whole organism. The effect of a film involves not only intellectual understanding, emotional experience, tension or other isolated patterns of behaviour, but also the activity of the entire organism involved in a particular environment.

3.3.2 Resource level

The field of film creation is blossoming, with some very good films manufactured in different countries and eras, and there are countless excellent film resources, providing the conditions for judicial social workers to build a library of film viewing resources. As of 2022, the Internet Movie Database (IMDB) contains a total of 1,818,000 film titles. In addition the unique nature of cinema's expression and technical support determines its fate of being constantly influenced by technological developments, with a distinctly mechanical nature. The involvement of high technology in artistic creation is no longer a simple mechanical addition of various psychological elements, but the result of a complex fusion between them. With the development of film technology multiplying, the clarity of films from HD, Ultra HD to Blu-ray to today's 4k clarity, the presentation of films from 2D-3D-4D constantly transforming, the VR film narrative space under the premise of ensuring the continuous advancement of time can achieve a flexible change of scenery, enhancing the homeostasis of reality, perceptual immersion, narrative guidance and viewing interactivity. The evolution of modern virtual video technology continues to lead the viewer into a new world that is very close to the environment we live in, yet more vivid and magnificent, with flexible shifts in time and space.

Feasibility assessments have shown that the application of film therapy to the field of social work practice is possible. Research has confirmed that film therapy has significant effects in improving interpersonal relationships (including parent-child relationships, marital relationships, social relationships, etc.), alleviating emotional distress, regulating eating disorders, lowering depression levels, and improving individual self-esteem (Hu, T. & Zhu, 2015); scholars Sun Zhentao believes that with the rapid development of film technology, especially the intervention of virtual reality technology such as VR, the dream-making function of film will become more powerful, and the vicarious effect of visitors will be stronger, and the effect of film therapy will be more significant. Christina and John found that video vocalization in the mental health field is not merely conducive to promoting the expression of patients' views, medical interventions, rehabilitation processes, motivation, but also to the development of the patient's mental health. Christina and John found that video vocalisation in the mental health field not only facilitated patients' expression of views, medical interventions, recovery processes, motivation, but also self-identification, group participation, meaning construction, emotional relief and de-stigmatisation. In a study on the observation of the

effectiveness of film therapy in improving psychotic symptoms and self-esteem in patients with schizophrenia, the results of the study showed that after treatment, the SES score was (19.70 ± 3.82) in the control group and (28.76 ± 2.48) in the observation group, with the observation group being significantly higher than the control group ($p < 0.05$). Film therapy had a significant improvement effect.

4. Film therapy should be used as a new method of practice for judicial social work

4.1. Shared values

Result-oriented. Guided by Xi Jinping's thought on the rule of law, "we should improve the preventive legal system, adhere to and develop the 'Maple Bridge Experience' in the new era, and promote social harmony and stability" and "strive to let the people in every judicial case feel fairness and justice, and ensure that the cause of socialism with Chinese characteristics advances smoothly in a harmonious and stable social environment." China is making efforts to modernise and reform its judicial system, and the judicial model is gradually shifting from the traditional state justice model towards a criminal justice system structure with restorative justice as the dominant model, consultative justice as a supplementary model, and traditional state justice as the underpinning model. Restorative justice, out of the pursuit of outcome justice, encourages the building of bridges of reconciliation between less serious offenders and victims, the community and society in a peaceful manner, with the aim of restoring social relations and manifesting the moral nature of justice. It has been applied in the judicial process in many places in China, including Hong Kong, Taiwan, Yantai in Shandong and Xiamen. The restorative justice model also respects the subjectivity of the offender in its philosophy. The basis of community corrections is that the physical, psychological and social needs of the offender have not been met, so the focus of the justice system is to identify these needs and provide services to meet them and improve the internal and external environment in which the offender lives.

The emphasis on correction rather than punishment is aimed at assisting caseworkers in their reconciliation. In the case of juvenile school violence, the key to addressing the root causes of school violence and healing the psychological trauma of the victims lies in making juveniles who have served their sentences realise their mistakes and reinvent proper behavioural norms, with a view to restoring harmony between school and society at the root.

Another ethos shared by film therapy and judicial social work - humanism. Humanist theory emphasises the human being as the centre of the world in which he or she lives, the value of the human being, the development of personality and free will, and the idea that social reform, management, education and psychotherapy should be based on good human relations. Frome believed that society needed to apply a humanistic ethos in order to address negative feelings such as human loneliness and helplessness, smallness and incompetence, insecurity and meaninglessness. In judicial social work, humanism is taken into account in the altruistic values at its core. In film therapy, the humanistic spirit is reflected in the primary goal of personal recovery and development of the client, with particular respect for the consumer's differences and a focus on inner change and development. The therapist will select art films of appropriate style and subject matter for viewing based on the client's assessment; he/she will also choose between continuous and intermittent sessions depending on the client's needs; and the therapist will respect the client's emotional needs and experience a long-term relationship with the client during the course of the case, building a good and trusting professional relationship with the client. During this longer process, the therapist herself becomes an important source of positive emotional values for the client, providing listening, support, encouragement and relief, while helping to 'talk' to the past or the hurt without it affecting the normal course of the client's life.

Interdisciplinary background - psychology: social work is a typical interdisciplinary profession, but is essentially a social science that studies "people". In order to achieve its objectives, social work

must draw on both sociology and psychology, which are primarily concerned with the study of the individual, and draw on the support of both sociology at the macro level and in psychology at the micro level. Finally, there is much overlapping between the two at the professional ethical level. A comparison of the core values of the authoritative American Social Work Association Code of Ethics with those of the American Psychological Association Code of Ethics reveals that the six core values set out in the Association's Code of Ethics - service, social justice, dignity and worth of the individual, valuing relationships, integrity and competence - are aligned with the five core values of the Psychological Association Code of Ethics "They share a common emphasis on the integrity of the worker, a common pursuit of justice, respect and affirmation of those with whom they work, and an emphasis on service. It is important to emphasize that, based on disciplinary differences, these values differ in their connotations and in the way they are practised, and do not entirely overlap.

In conclusion, the introduction of film therapy is in line with the value concept and development needs of judicial social work, while the application in the field of judicial social work also provides a broad space for the development of film therapy as a technique itself. In conjunction with the rule of law civilisation and legal innovation, the judiciary should reflect the concept of keeping up with the times and humanistic care, in order to change the shortcomings of traditional justice that overly pursues punishment, and ultimately achieve the goal of reducing the suicide and recidivism rates of those serving sentences, as well as contributing to the stability and harmony of the community.

4.2. Specific ways in which film therapy can intervene in judicial social work

Film therapy, as a modern working technique, complements and advances the practice process of judicial social workers. Firstly, film viewing can help the client to relieve his mind and body and vent his negative emotions. Secondly, film therapy helps to helping the caseworker to reveal his or her psychological symptoms. When the lights are dimmed and the music is playing, the film viewer unconsciously enters a dream-like space. People reveal their truest desires and fears in their dreams, while in the film as a field, people disclose their subconscious complexes and social workers are able to glimpse more information. Again, film can serve to remove the psychological impediments of those serving sentences. Besides, through the discussion of the art film itself, it also allows the judicial social worker and the client to share a common topic and a sense of empathy, forming a good professional relationship. Finally, the ultimate goal of film therapy is to stimulate self-exploration and growth, and to bring about a sustained and fundamental impact on the customer. Through these four pathways, film therapy integrates the emotions and logic of the client in a rational and irrational process, with the irrational manifesting itself in self-projection and identification, unconscious self-revelation and subliminal learning, and the rational in the self-reflection of the client and the conscious guidance of the therapist.

In terms of working methods. After more than 30 years of development, film therapy has basically formed a mature and standardised system that can be directly used in social work: individual viewing, family viewing and group viewing can be chosen according to size, and intermittent viewing mode, complete viewing mode and series viewing mode can be chosen according to the screening method. In the work, family members of convicts can be requested to the studio to watch the film together, so as to understand the motivation for their crime from the perspective of the convict's family environment and thus reconstruct the sense of shame. When it comes to mediation between the offender and the victim, the inclusion of a movie viewing session in the round table is conducive to making the offender and the victim think differently and dispel their emotions, so that the social worker can intervene and promote the mediation process more smoothly, guiding the offender to reduce the negative impact he has brought about through making apologies and monetary compensation, and also enabling the offender to better integrate into the community and improve the community environment. It also enables the inmates to coordinate into the community, improve the community environment and increase the acceptance of the community.

5. Prospects

Lack of practical experience and theoretical guidance: Although film therapy has made great strides in the West, it is not yet widely used in China, and there are large gaps in the academic research carried out by scholars in this field, and a lack of practical exploration. We need to continue to explore the integration of theory and practice, drawing on foreign achievements on the one hand, and exploring in practice on the other, paying attention to the coordination of quantitative and qualitative research, in order to build a localised theoretical and practical system in China.

In order to enhance professionalism, it is first necessary to build a film resource library, to professionally evaluate, select and classify the films shown, and to write the basis for film selection from a variety of perspectives, including neurology, psychology, medicine and Chinese medicine. This will enable the building of a resource library that is accessible and evidence-based. In particular, the localisation of social work is being emphasised. As an imported product from the West, film therapy has a strong Western imprint in terms of values, ethics, theoretical perspectives, implementation techniques and developmental paradigms; and there are huge differences between Chinese and Western civilisations in terms of ways of thinking, value theories and aesthetic trends, which can easily undermine the effectiveness of therapy and even cause cultural discomfort. In order to resolve this contradiction, it is necessary to train more inclusive and professional professionals in order to achieve a homogeneous transformation in practice and to play a professional guiding role, so that clients can purposefully accept metaphors and reshape their values in the process of viewing films.

From the perspective of judicial social workers, efforts should first be made to improve the living environment of judicial social workers to ensure that their role is clearly positioned so that their voice is not inferior to that of the staff of the judiciary and so that they can carry out their work independently. Within the judiciary, the recognition and acknowledgement of social workers are low, and their subject status is not obvious enough. It is necessary to seek support from policies and legislation, establish associations or unions in various places and have the government take the lead, raise salary levels and establish their rightful status within the judicial system; in addition, training should be conducted for the professional qualification examination for judicial social workers and the supervisory system should be improved.

Refinement of working procedures: methodological inclusion of diverse compensatory measures, innovation of the quantitative dimension of justice, giving judicial social workers a larger arena and room to work; refinement of the manual of technical options. Decisions on when to opt for orientation, when to opt for non-orientation, when to use a structured approach and when to use an unstructured approach should be made on a case-by-case basis.

6. Summary

In the 20th Report, the State and the Central Committee of the Party attached great importance to the modernisation and reform of the judicial system and the building of a society based on the rule of law, and the need to add a human touch to the implementation of the law has gradually become a social consensus, with the purpose of justice gradually shifting from punishment to restoration. Film therapy, as a relatively mature therapeutic model, has various advantages and perspectives, and can be used as a new working technique for judicial social work, providing a reference for localised social work, while playing a leading role in the community and promoting the democratisation of social governance. At present, the application of film therapy in the field of judicial social work has not yet reached a deep and extensive level, and there are some contradictions and shortcomings, such as the contradiction between professionalism and artistry, and the contradiction between judicial quantification and the subjective nature of assessment. The introduction of film therapy in judicial social work is a challenge that must be overcome in the early stages of the development of an emerging thing, but it has a strong vitality and a bright future.

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