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# Transition Therapy:: Theory, Research, and Recommendations for Treating African American Males Experiencing Post-Incarceration Transition Syndrome

*Ed.D., LCPC, Dr. Max T. Ragland*

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From the time he was thirteen years old to age forty-seven, there was never a period when Max Ragland wasn't in jail, on probation, in prison, or on parole. Many of the men in his life experienced the same thing. Eventually he realized there is something deeper and more critical contributing to his social reality. Max is now Dr. Max T. Ragland, EdD, LCPC, and he has uncovered that critical contributing factor and put a name on it: post-incarceration transition syndrome (PITS).

His book explains this condition, introduces a new treatment approach developed specifically for African American males who are considered high risk for crime and imprisonment, and addresses the five stages involved in transitioning a patient back into society to stay. It is a product of his own experiences and research, combined with ten coresearchers—all African American males, all who have a history of incarceration and counseling.

It's time to understand the concept of criminal institutionalization and the factors that shape the African American male's criminal psychology, and start a new, non-Eurocentric treatment strategy. This is a must-read for those searching for insight into the growing epidemic of drugs, crime, and incarceration in the African American community.

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