Sex Abuse and Sex Offenses: Systemic Interventions

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Agenda

Introduction

Sex abuse prevention- education for parents and families

Interventions to help with sex abuse related trauma reactions

Sex Offender Treatment

Conclusion
- Males versus female reports of sexual abuse
- Sibling sexual abuse
- Males and pornography
- Adolescent sex rings/parties
- Female abusers
- Sex Trafficking
Sex Abuse Prevention Strategies

- Communication
- Education
- Computer/Internet safety
- Supervision
- Darkness to Light Program
Interventions for Survivors of Abuse

- Individual Counseling
- Play Therapy (ages 3-adult)
- Family Counseling (systematic effects)
- Education
- Family Support
Adult Sex Offenders

- Registered Sex Offender Requirements
- Treatment Plans
- Supervision
- Recidivism
- Ethical Dilemmas
Typology of Juvenile Sex Offenders

- Life-Course-Persistent
- Early Adolescent Onset-Paraphilic
- Adolescent Onset-Non-Paraphilic
Factors to Consider

- Psychopathy
- Social Competency
- Impulse Control and Judgment
- Hostile Masculinity
- Sexual Deviance
- Pedophilia
Treatment Protocol of Sex Offenders

- Social Skills
- Impulse Control
- Healthy Sexuality
- Anger Management
- Healthy Masculinity
- Empathy Enhancement
- Relapse Prevention
**Duration, Frequency, and Evaluation**

- **Inpatient** - up to 16 sessions of group work (some include individual work as well).
- **Clinic Based** - condensed version of the inpatient model.
- **Community Based** – up to 18 months of group work. Families and clients are required to participate in individual/family sessions as well.
- **Includes pre/post assessments** (quarterly in community program)
Social Skills

- Breaks down instruction into very basic components.
- Includes discussions/processing of "
  - Listening
  - Starting a conversation
  - Having a conversation
  - Asking a question
  - Introductions, etc.

Can include timing, steps, and other factors to consider.
Impulse Control

- Understand the concept of Impulse Control
  - Impulse vs. impulsive
  - Looks at consequences
  - Judgment

- Process the incident over and over again
  - Identify trigger, thought process, consequences, and judgment (reflective)
Healthy Sexuality

- Includes understanding of anatomy and physiology
- STDs, prevention, and contraception
- Teenage pregnancy and parenthood
- Exploring what is considered healthy and unhealthy sexuality (legal, values, consent, etc.)
Healthy Masculinity

- Definition of “masculine” or “being a male”
- Role models
- Influence of society, media, culture, etc.
- Cycle of violence
- Incorporates books and Movies
- Relationships with others (males and females)
Anger Management

- Connection between Anger and Sex Offending
- Cognitive Behavioral aspects to anger
- Anger hierarchy based on cues and maladaptive thoughts
- Includes relaxation training
- Assertiveness
- Conflict resolution
Empathy Enhancement

- Cognitive and Emotional
- Exploring narrative stories to help increase empathy
- Explore impact of behavior on the family system (offender and victim’s)
- Writing of empathy letter
- Reading it to the victim if appropriate and if victim is ready
Explores cognitive distortions

Risk Factors

Cues/Triggers

Maladaptive Coping Responses

Giving up
Questions?
References


