

#illegalimages
Treating Individuals who View Child Sexual Abuse Media

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Risk/Needs/Responsivity

- Risk/Needs/Responsivity Principles
 - Level of Risk
 - The intensity of the intervention should be matched to risk
 - The Risk Principle **
 - Andrews and Bonta
 - Criminogenic Needs of Offending
 - Dynamic Risk Factors (DRF) (Contact Sex Offenders)
 - Changed through interventions, and when changed, are associated with changes in risk and recidivism.
 - DRF informed by research

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Risk Principle

- High Risk = High Intensity Consequences/Treatment
- Low Risk = Low Intensity Consequences/Treatment
- The risk for recidivism increases if....
the risk principle is not followed

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Dynamic Risk Factors

ANTISOCIALITY

Antisocial Attitudes/Beliefs
 Relationship Instability
 General Social Rejection
 Lack of Concern for Others
 Impulsivity
 Poor Problem Solving
 Negative Emotionality
 Negative Social Influences

SEXUAL DEVIANCE

Deviant Sexual Interest
 Emotional Congruence w/Children
 Hostility Toward Women
 Sexual Drive and Preoccupation
 Sexualized Coping

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Treatment Issues (CSAI Non Production Offenders)

- ▶ **Emotional Regulation** (Middleton et al., 2006; Laulik et al., 2007; Beech & Elliott, 2009; Marshall et al., 2012; Barnett & Mann 2013)
- ▶ **Social Skills/Intimacy Deficits** (Middleton et al., 2006; Laulik et al., 2007; Beech & Elliott, 2009; Marshall et al., 2012; Barnett & Mann 2013)
 - ▶ Social Anxiety and Loneliness
- ▶ **Deviant Arousal** (Beech & Elliott 2009, Seto et al., 2006; Seto, 2013; Babchishin et al., 2015)
- ▶ **Online Hypersexuality** (Kaplan & First, 2009; Seto, 2013)
 - ▶ Sensation Seeking (Ray, Kimonis, & Seto, 2014)
- ▶ **Problematic Internet Use** (Quayle et al., 2003; Beech & Elliott 2009; Ray, et al., 2014; Rimer, 2019)
 - ▶ Psychology of Technology (Suler, 1999; Rimer, 2019)
 - ▶ Victim Awareness
(Quayle et al., 2002; Burke et al., 2020; Seto, 2013; Meridian et al., 2018; Rimer 2019)

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Risk/Needs/Responsivity

- Responsivity – The Forgotten “R”
 - Therapeutic Relationship/Alliance

 - Learning Styles, Abilities, Culture

 - Client Motivation/Engagement

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Therapeutic Relationship/Alliance

Greatest predictor of change
is the therapist and quality of the relationship

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Therapeutic Relationship/Alliance

- ▶ Flexible
- ▶ WERD
(warm, empathic, rewarding and directive)
- ▶ Sincere/genuine
- ▶ Nonjudgmental
- ▶ Self-confident/Enthusiastic
- ▶ Effective role modeling
- ▶ Consistent
- ▶ Motivating
- ▶ Not “the expert”
- ▶ Provide choices
- ▶ Express belief that change is possible
- ▶ Humor
- ▶ Effectively provide feedback
- ▶ Agreeable to mutually determined goals

(Marshall, W. L., Serran, G. A.,
Fernandez, Y. M., Mulloy, R., Mann, R.
E., & Thornton, D. (2003))

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Therapeutic Relationship/Alliance

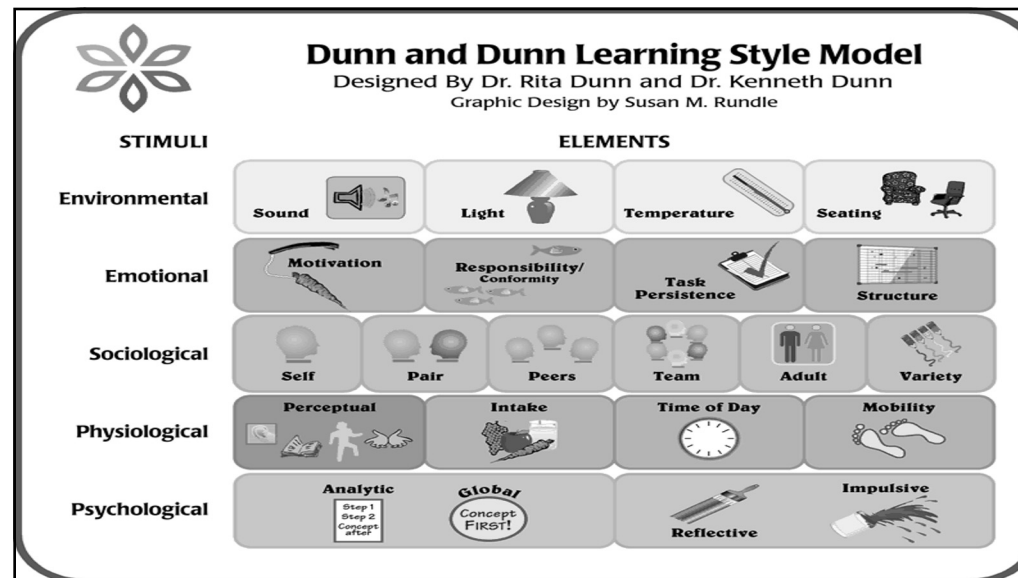
- ▶ Marshalls
 - ▶ Rehabilitating Sexual Offenders
 - ▶ A Strength-Based Approach (2011)
 - ▶ Therapist features correlated with positive change
 - ▶ Warmth, Empathic, Rewarding, Directive (WERD)
 - ▶ These factors accounted for the biggest impact in treatment
 - ▶ Confrontation is not helpful
 - ▶ Beech & Fordham, 1997; Drapeau, 2005; Drapeau et al 2005; Harkins & Beech, 2007; Thornton et al 2000, Marshall 2013
 - ▶ Turtle Story

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Learning Theory and Styles

- Visual/Tactile
 - Assignments/Journals

- Kinesthetic
 - Imaginary Line (Any Topic Can Be Used)
 - Rate the Assignment/How are your social skills?

- Auditory
 - Music/Clips

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Risk/Needs/Responsivity

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Engagement

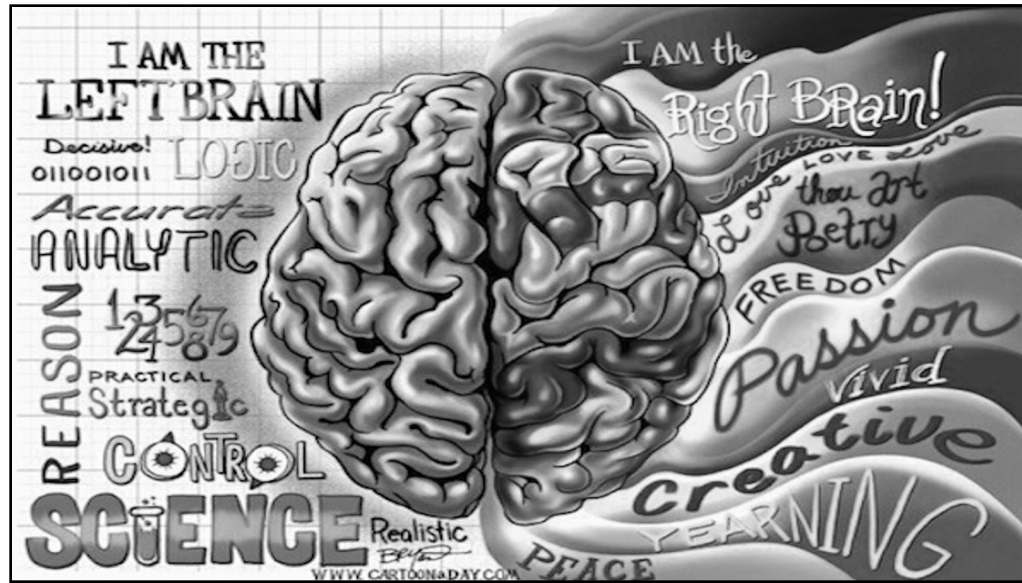
- Levenson, J., Macgowan, M., Morin, J., & Cotter, L. (2004) found a strong positive relationship between treatment progress and engagement in outpatient sex offender group therapy.
- Those more actively engaged in group showed higher accountability, less cognitive distortions about offending, and more progress toward treatment goals

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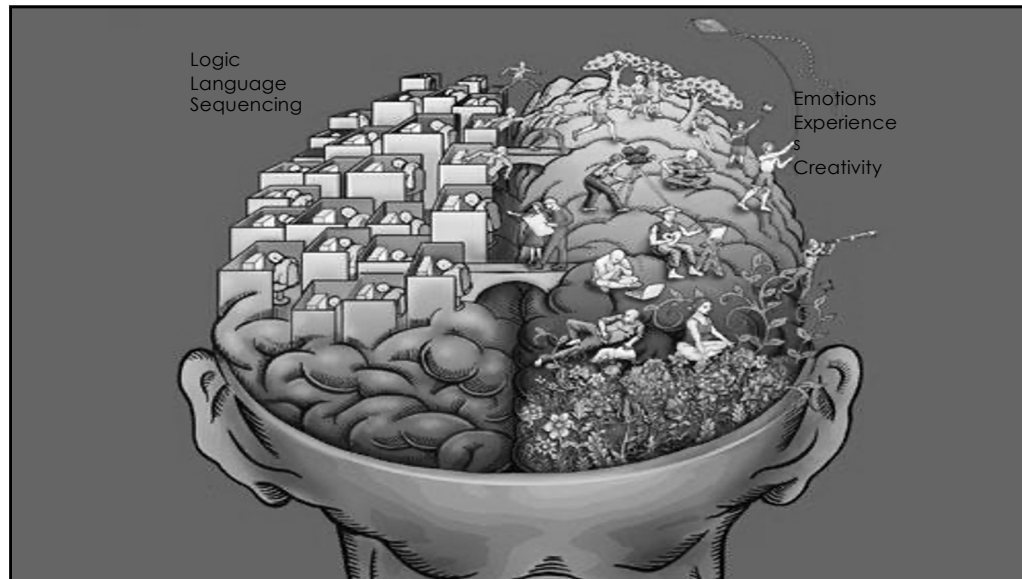
Motivation/Engagement

- Imagery
 - Adults can learn without imagery but...
 - retention dramatically increases with imagery
 - Provides Therapeutic Anchors
 - Lowers Resistance/Builds Bridges

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Treatment with Responsivity

- Setting the Foundation for Treatment
 - Understanding the Change Process
 - The Attorney
 - Trained Seals

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Stages of Change



OWN YOUR STAGE

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Treatment with Responsivity

- Setting the Foundation for Treatment
 - Understanding the Change Process
- The Attorney
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The Internal “Attorney”

- Wants you to never tell the entire truth
- Wants to protect/defend
- Wants you to never trust anyone
- Always assumes others are out to get you
- Wants to keep trying the case over and over again

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The Internal Attorney

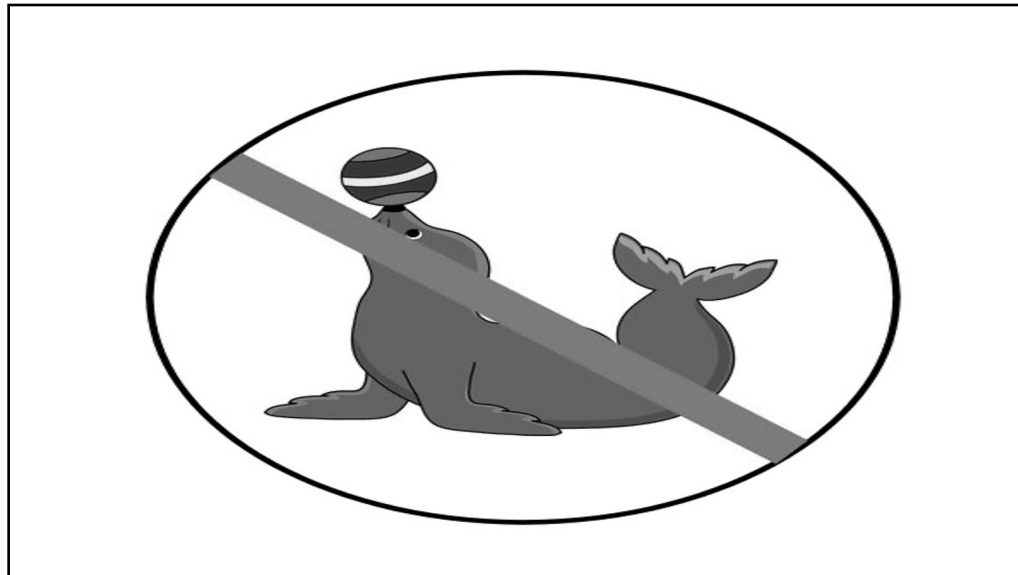
- The Defense Strategies
 - Deny (The Letter of the Law) - I am not guilty
 - Blame – It is not my fault
 - Use Diversion Tactics
 - Minimize
 - Only tell partial truths
 - Never trust anyone with the full truth

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The Internal "Attorney"

- Everyone has an internal "attorney"
- When we feel threatened, our "attorney" surfaces to protect, attack, defend and/or delay
- The "attorney" is not bad
- The goal is not to make the "attorney" go away
 - The goal is to learn to manage the "attorney"

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Treatment Issues (CSAI Non Production Offenders)

- Emotional Regulation
- Social Skills/Intimacy Deficits
 - Social Anxiety and Loneliness
- Deviant Arousal
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 - Sensation Seeking
- Problematic Internet Use
 - Psychology of Technology
 - Victim Awareness

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Calming The Brain (Buddha's Brain, Rick Hanson)

- Continually scans your inner and outer world for threat
- When activated by real events keeps us safe however...
 - Past events/working and living environments that are stressful
- Puts incredible stress on your brain and body
 - Parts of the brain lite up like a Christmas tree, PFC goes offline
 - Sympathetic Nervous System SNS - simmers or boils
 - Stress Hormones are continually released
 - Primes your body to overreact to small things
 - Pulls resources away from projects such as building a strong immune system, positive mood, long term happiness and joy, Good Life elements

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Calming the Brain (Buddha's Brain, Rick Hanson)

- **The Brain** (The Buddha's Brain)
 - Wired for avoiding and negativity
 - Not wired for approaching and positivity
 - **Velcro** for negative experiences and **Teflon** for positive experience (Antennas)
 - Takes approximately 5 positive interactions to overcome 1 negative (Just one Thing)

- **Positive Reinforcement**
 - Immediate
 - Personally Relevant/Meaningful
 - Delivered Frequently

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Calming The Brain

- **The Little Things**
 - Imagery – Internal Weather/Anchor /Mountain
 - Music/Breathing
 - Relax the tongue away from the roof of the mouth
 - Touch the lips

- **Bi-lateral movement**
 - Bypasses resistance
 - Requires no verbiage or insight
 - Automatically calms and soothes

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Calming the Brain

- ▶ Mindfulness/Meditation**
 - ▶ Part of the "third wave" of CBT**
 - ▶ <http://palousemindfulness.com>
 - ▶ 10% Happier
 - ▶ Sitting Still Like a Frog
 - ▶ Riding the Urge Wave

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Calming The Brain

▶ Mindfulness (Juliette Adams)

The practice of mindfulness helps us to recognize and observe our thought patterns. Practitioners develop the ability to recognize when thoughts arise, and observe them in a detached manner, without the need to become involved in them (thus not triggering an emotional or "automatic" reaction).

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Calming The Brain

► Mindfulness (Juliette Adams)

By regularly practicing mindfulness, we develop strong neural pathways connected which makes it easier for us to recognize when thoughts arise. This can help us identify the source of a strong emotion as it is triggered and choose more effective ways to respond. (Harvard Study) (UK Study)

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Calming The Brain

► Mindfulness (Juliette Adams)

Once you learn to become “an impartial spectator”, you can recognize old, habitual patterns that no longer serve you well, and reshape those patterns in new directions.

Whilst practicing mindfulness may be uncomfortable at first, it has the capability to rewire our thinking patterns. This makes the new ways of thinking (that previously felt unfamiliar or uncomfortable) become habitual.

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Calming The Brain

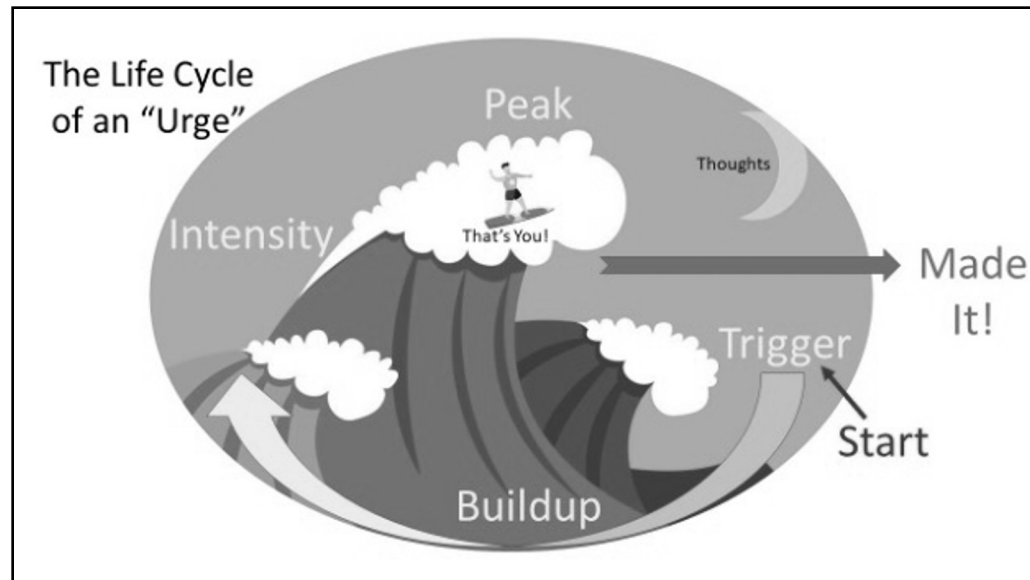
- Meditation MRI Research
 - Averaged less than hour /8 wks
 - Increased gray matter/activity-Prefrontal Cortex
 - Executive functions (planning/decisions/judgment)
 - Increased gray matter and activity in Insula
 - Integrates sensation and emotions
 - Processes emotions like empathy and love
 - Essential for the capacity of self awareness
 - Increase activity in left frontal regions
 - Mood Lifter

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Calming the Brain

- Mindfulness/Meditation
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Hypersexuality

- ▶ Hypersexuality
 - ▶ Medication, Medication, Medication

- ▶ 12 Step Groups
 - ▶ SA, SCA, SAA, SLAA
 - ▶ Do not throw the baby out with the bath water

- ▶ Pornography Literacy (AP)

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Treatment Issues (CSAM Non Production Offenders)

- ▶ Emotional Regulation

- ▶ Social Skills/Intimacy Deficits
 - ▶ Social Anxiety and Loneliness

- ▶ Deviant Arousal

- ▶ Online Hypersexuality
 - ▶ Sensation Seeking

- ▶ **Problematic Internet Use**
 - ▶ Psychology of Technology
 - ▶ **Victim Awareness**

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Problematic Technology Use

- Treatment need most overlooked in treatment programs
- A significant factor in online sexual offense behavior
- Not just a treatment need for individuals who commit their sexual offense online....also a need for individuals who commit sexual offenses offline

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Problems with Zero Tolerance

(Chan McNeil, Binder 2016)

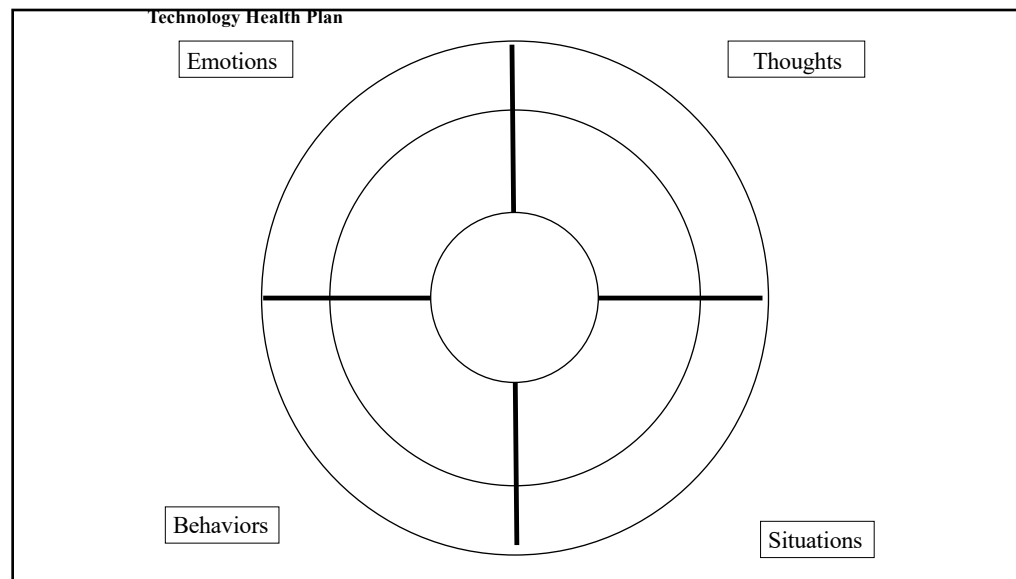
- Banning sex offenders from technology doesn't reduce recidivism
- Encourages Secret Keeping
- Increases Social Isolation/Rejection/Disconnect
- Decreases Business or Employment Opportunities
- Interferes with Skill Development
 - Managing Emotions/Boredom/Health Technology Use
- Avoidance is not an Effective Strategy

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Treatment

- Problematic Technology Use
 - Psychology of Technology
 - Technology Health Plan**
 - Technology Craziness Index
 - Digital Footprints
 - Acceptable Use Plan
 - 7 Desires and Technology
 - Victim Awareness

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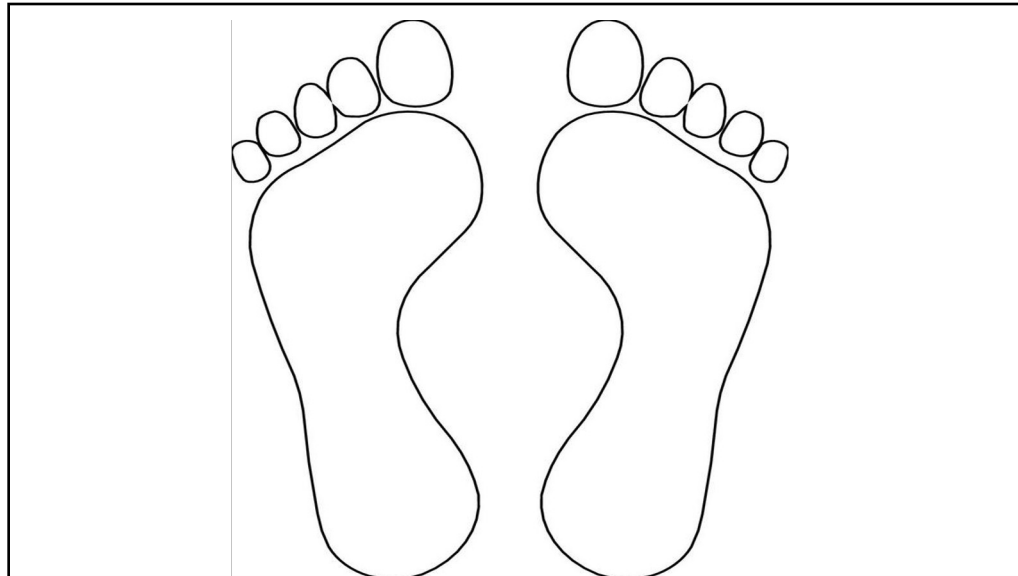
Technology Crazyiness Index (TCI) Tracking Sheet												Name: _____	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	
Sunday	2	0											
Monday	1	0											
Tuesday	3	1											
Wednesday	7	3											
Thursday	4	2											
Friday	0	0											
Saturday	3	4											
Weekly TCI Total	20	10											
Interpretation of the number	OTE	Stable											
<p><u>My 7 Key Signs of Technology Crazyiness (Build-up Warning Signs)</u></p> <ol style="list-style-type: none"> 1. Ignoring conversations with others due to my technology use. 2. Texting while driving. 3. Using technology "after hours." 4. Checking email turns into a four hour event. 5. Amazon window shopping. 6. Interacting with strangers online (not about work). 7. Mindlessly eating / drinking while using technology. 						<p style="text-align: center;"><u>Interpretation of the PCI numbers</u></p> <p>If the numbers are from 0-9, that means you are Healthy If the numbers are from 10-19, that means you are Stable If the numbers are from 20-29, that means you are On the Edge If the numbers are from 30-39, that means you are Falling If the numbers are from 40-49, that means you are Over the Edge</p> <p style="text-align: center;">Adapted from P. Carnes Personal Crazyiness Index</p>							

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7 Desires of the Heart

(Developed by Deb and Mark Laaser)

	1. To be heard and understood.
	2. To be affirmed.
	3. To be blessed.
	4. To be touched.
	5. To be safe.
	6. To be chosen.
	7. To be included.

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Treatment

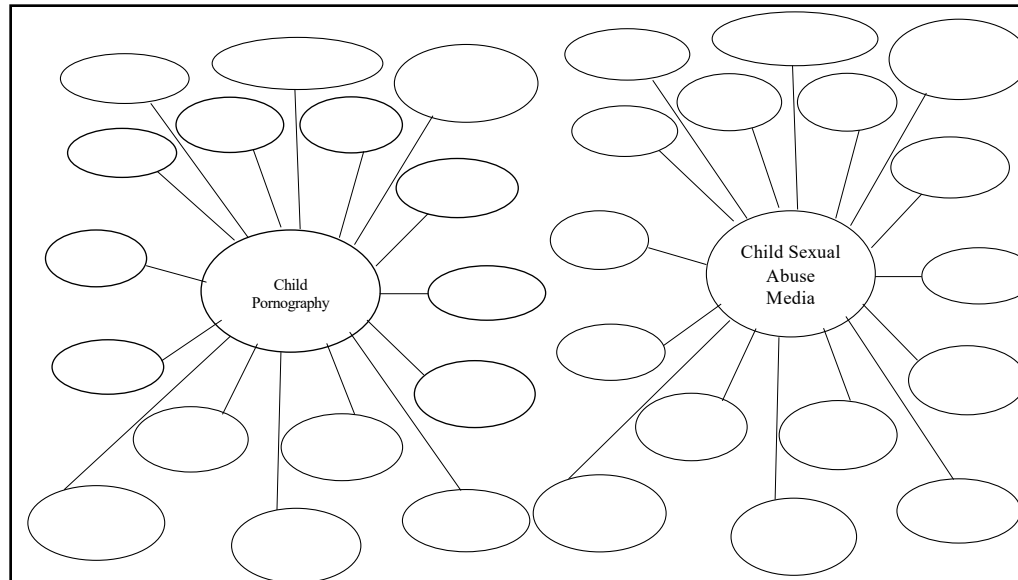
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Treatment

- Problematic Technology Use
 - Victim Awareness**
 - CSAM Word Webs
 - Victim Impact Letter
 - CCRC Article
 - Only Pictures Book
 - Hoops**

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Victim Awareness (Rimer, 2017, 2019)

- Offline Children
 - Vulnerable, Needing Protection, Asexual, Innocent
- Online Children Viewed
 - "Not Real", "Only Pictures"
 - Sexualized, Unable to Connect SA to Actual Child
 - Construct Not Activated without Engagement with Technology
 - Distancing, Detachment, Anonymity Features
 - Leads to objectification and lack of empathy
- Construct
 - Different Offline vs Online
 - Individuals Can Hold Both Simultaneously

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Treatment

- Problematic Technology Use
 - Victim Awareness
 - Perspective Taking – Hoodwinked
 - Victim Impact Letter
 - CCRC Article
 - Only Pictures Book
 - Hoops**

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HERMES' WEB

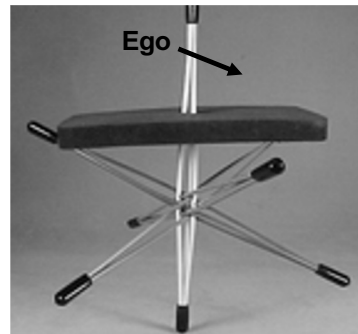
Fundamental Concepts

- A psychological communication tool
- The ego
- The core
- The barrier
- The flip
- The Truthful Lie

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The Ego



- The Ego
 - Who we think we are
 - What we identify with
 - What we prefer to show others
- Chronological age

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The Core

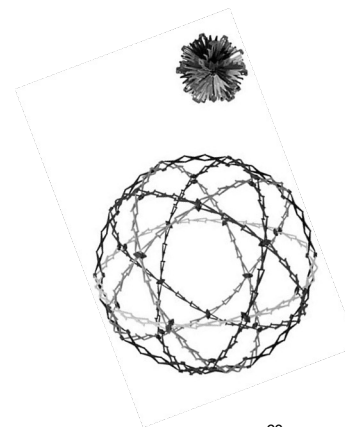
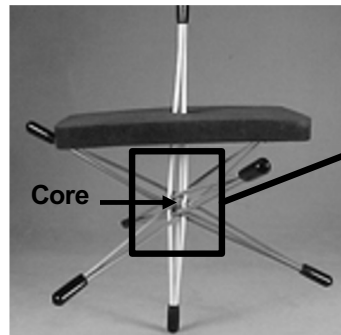


- The location where all parts of the human personality meet
- Psychological Age
- The Hidden World

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The Core



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The Barrier



➤ The Dividing Line

➤ The Barrier

- Stops output, unless compromised via stress, drugs, alcohol, sex
- Cannot stop input or protect the core from life events

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The Barrier



➤ Important to have a barrier

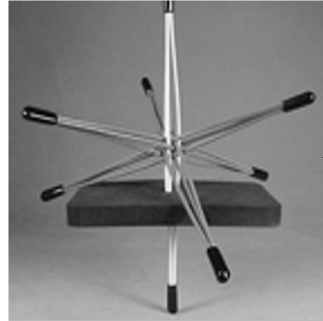
➤ When no barrier is present...

- Can be ugly
- Difficult to work with
- Always getting into trouble

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The Flip: Revolution



What has been ignored

- Takes center stage
- Rebels
- Acts out

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The Flip (Denial)

- Once it is over, the unconscious flips back over
- The ego is horrified and either:
 - Pretends nothing happened OR
 - Works to cover up, explain away, clean up the mess
- Without understanding, the core continues to flip after flip

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The Truthful Lie

- Despite all evidence....
- Suppress or repress awareness of behavior
- Evade awareness because of the potential cost to self-esteem and dignity,
 - A form of psychological self-protection

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