



Continuing Excellence LLC

Innovative Approaches to Therapy for Young People Who Sexually Abuse

Presenter: Anette Birgersson and Christin Santiago

Date: July 20th, 2023

Time: 11:00 AM to 3:30 PM ET *(All times East Coast USA Local Time)*

I. 11:00 a.m. – 12:30 p.m.

- Welcome and introductions
 - What gets in the way of good treatment?
 - Foundations: DBT and Recreation Therapy
 - Activity: What makes us up?

II. Using assessments

- Deficits, trauma, behaviors
- Skills
- Strengths
- Needs and Psychoeducation

III. 12:30 p.m. -12:45 p.m.

- Break

IV. 12:45 p.m. – 2:00 p.m.

- Wizard Skills Program
 - How to make skills concrete

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- The different parts of us and how we utilize them in everyday life
 - Creating a treatment plan
 - Setting appropriate goals
 - Utilizing assessments
 - Strengths and areas of need
 - Healthy sexuality

V. 2:00 p.m. – 2:15 p.m.

- Break

VI. 2:15 p.m. – 3:30 p.m.

- Buy-in and motivation
- Validation
- Wizard Skills
 - Using the skills in each domain
 - Mindfulness
 - Relationships
 - Vulnerabilities
 - Emotional Regulation
- Putting it into practice
 - Goals
 - Activities/behaviors
 - Rewards
 - Practicing
- Creating a maintenance plan: Life Skills
- Take aways and closing

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