

Innovative Approaches to Therapy for Young People Who Sexually Abuse

Safer Society 2023
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Overview

- Help clients develop core skills in building relationships, making choices and connections, expressing themselves, and regulating their emotions.
- Creating a treatment plan that stretches beyond the “session” and into everyday life
- Building from strengths and beyond problems
- Pushing past what gets in the way to create dynamic and individualized treatment

Topics Covered

- Relationship skills
- Building healthy relationships
- Strengths-based treatment
- Recreation Therapy and Dialectical Behavior Therapy
- Interpreting assessment data
- Validation
- How to put the material covered into practice

What gets in the way of good treatment?



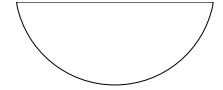
Our
foundation:
DBT and
Recreational
therapy

- Dialectical Behavioral Therapy – Marsha Linehan 1980s – Personality disorders to improve skills within, mindfulness, distress tolerance, relationship skills, emotional regulation.
- Recreational Therapy - interventions to improve a patient’s functioning physically, emotionally, socially, cognitively, spiritually primarily through sensory and body-based interventions.

Activity

- Who do you think you are?





How do we know where to start?

- Assessment of skills deficits, difficulties, trauma and problematic behaviors
 - How do we enhance safety and work from a safety perspective
 - What skills does the young person need to learn
 - Assessment of strengths
 - What strengths can we work on enhancing ... to learn skills
 - Needs:
 - Vulnerabilities – Diagnosis – Trauma – Psychoeducation
- How do we adapt the treatment so it's sensitive to the needs

The Wizard Skills Program

Building on strengths and
validation

Body, emotion, thought and
urge awareness

Focus on concrete skills

The skills –
Making it
concrete

Language – Buzz words

Activities – reinforce and introduce topics

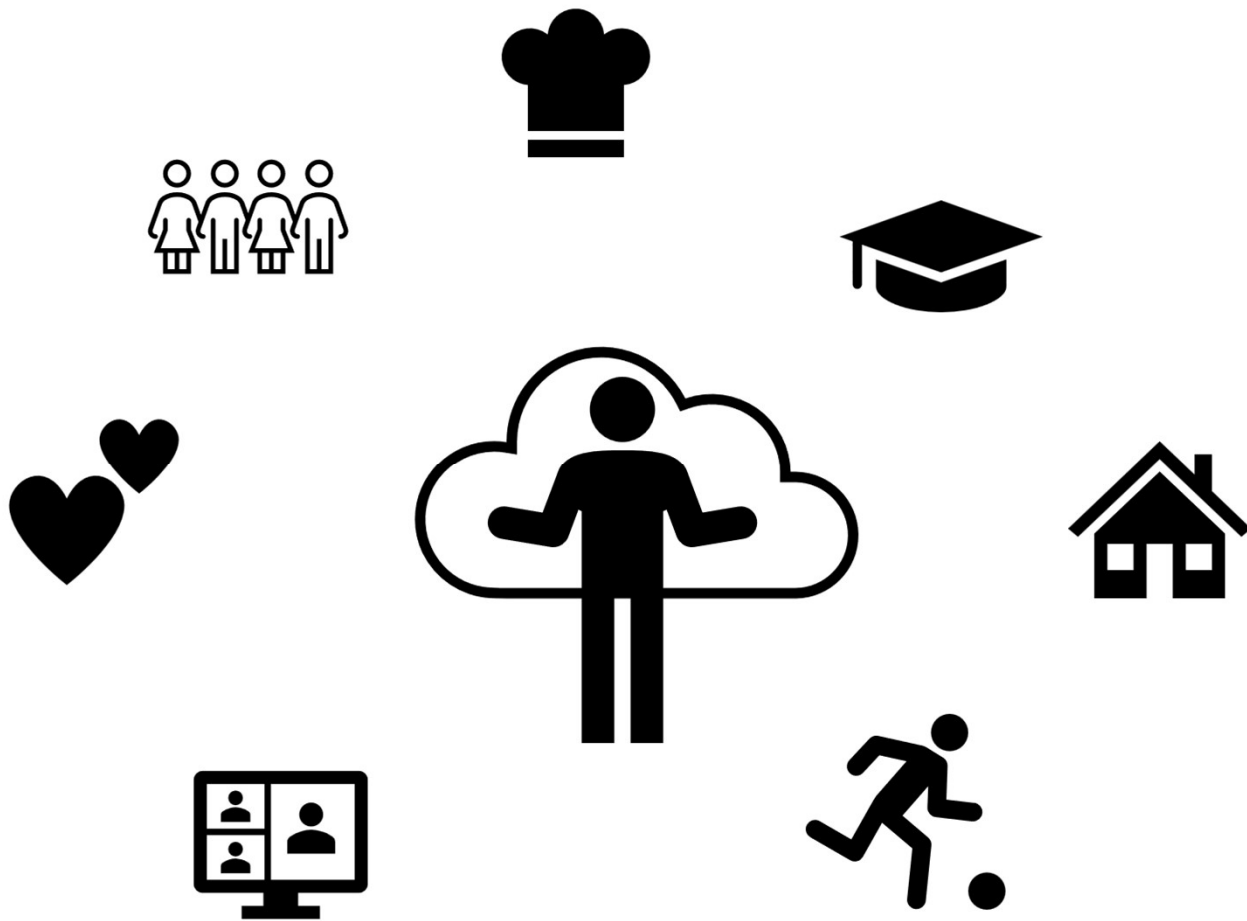
Sheldon Cooper

Strengths-based

Developmental vs Cognitive

Creating treatment that is all awake hours

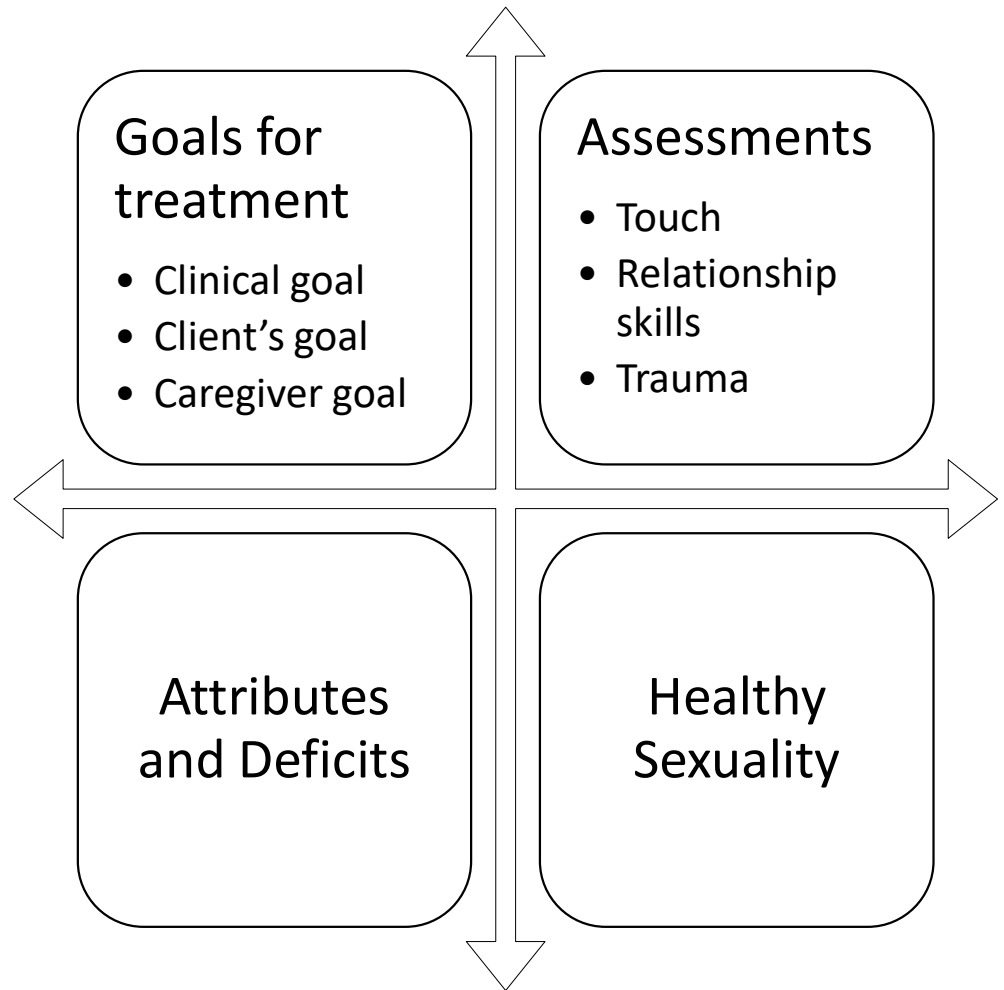
Avoiding the “Dead Man’s Rule”





-
- What different roles do we have?
 - How are they different?
 - What do you like/dislike with the traits that comes with your roles?
 - If we make a list of every role, what are the traits/skills you want your core person to master?
 - What do you think you need to learn to get closer to being the person you want to be?
 - Who can help you?
 - What do you need to be able to keep working towards your goal?

Creating a treatment plan



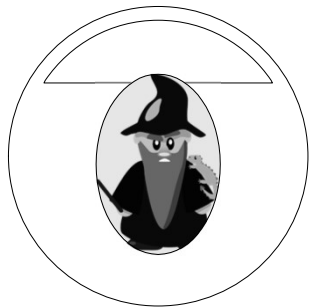
How do we get “Buy In”?

- Making it fun
- Making it concrete
- Psychoeducation
- Rituals and traditions
- Expect success
- Allow for “safe” failure
- Eyebrows down
- Set reachable goals but stretch
 - Many small goals
 - Rewards on the way
- Positive reinforcement
- Involve Caregivers, Staff
- Practice having fun

Validation

- Interventions should meet clients where they are, in that moment
- Clients want to do well and to succeed
- Validation needs to be real and honest
- Validating language is important
 - Verbal and non-verbal
 - Non-judgmental
- Recognizing that clients will react to and have different experiences with activities
- A seemingly easy task may prove difficult for some clients

WIZARD SKILLS



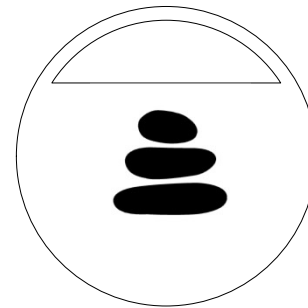
MINDFUL

- Of your thoughts
- Of your body
- Of your emotions
- Of your impulses
- Of your arousal



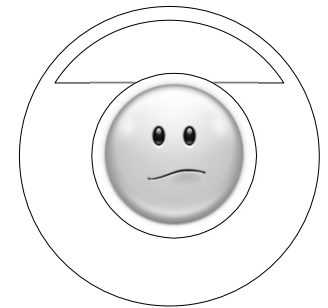
RELATIONSHIP

- Be friendly
- Wizard, lizard, robot
- Be interested/Listen
- Be honest and fair
- Say how you feel
- Ask/tell what you want
- Negotiate/compromise



VULNERABILITIES

- Eat and Drink
- Get enough sleep
- Move your body
- Do things you like
- Take your meds
- Keep yourself clean
- Value yourself
- Biological vulnerabilities



EMOTIONAL REGULATION

- Warning signs
- Climbing the ladder
- Be mindful
- Use your skills



PUTTING IT INTO PRACTICE



MINDFUL

- Of your impulses
- Of your arousal

Emotional regulation

- Warning signs
- Use your skills

Rewards:

Activities with older brother

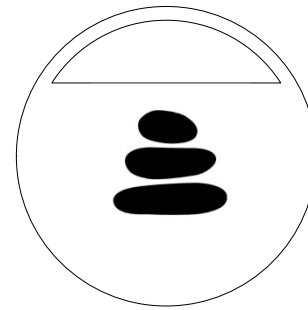
Help saving to a keyboard for his computer

Soccer tournament



RELATIONSHIP

- Wizard, lizard, robot
- Be interested/Listen
- Ask for help
- Ask/tell what you want



VULNERABILITIES

- Move your body
- Take your meds
- Keep yourself clean
- Value yourself

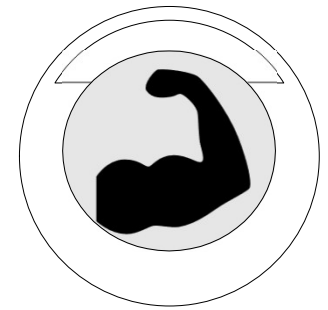
Goals:

Get a girlfriend

Playing the soccer tournament

Working at Market Basket

Play in an e-sport event



PRACTICE

- Cooking
- Going to soccer
- Participating in group activities
- Small talk
- Touch
- Mindfulness



Maintenance – Life Skills

- Learn the skill of setting reachable goals – Many small goals – Rewards on the way
- Positive reinforcement
- Repetition
- Positive self talk
- Validation skills – Themselves and others
- Automatic responses
- Involve caregivers, family, staff



What do you take home?

