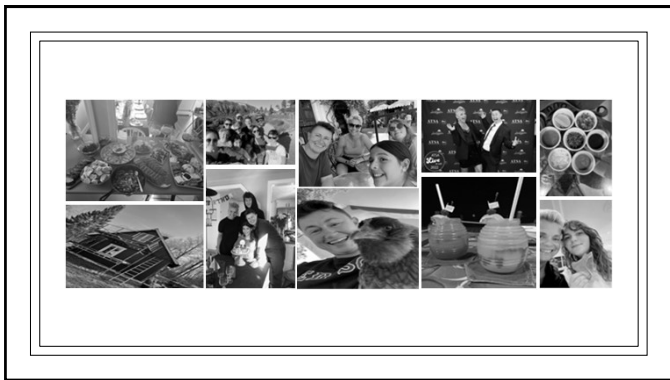


Innovative Approaches
to Therapy for Young
People Who Sexually
Abuse

Safer Society 2023
Anette Birgersson & Christin Santiago

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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

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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

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What gets in the way of good treatment?



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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.

Linehan, 1993; Swales, 2009

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Activity

- Who do you think you are?



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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

Marshall, Marshall, Serran, & O'Brien, 2011

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The Wizard Skills Program

Building on strengths and validation

Body, emotion, thought and urge awareness

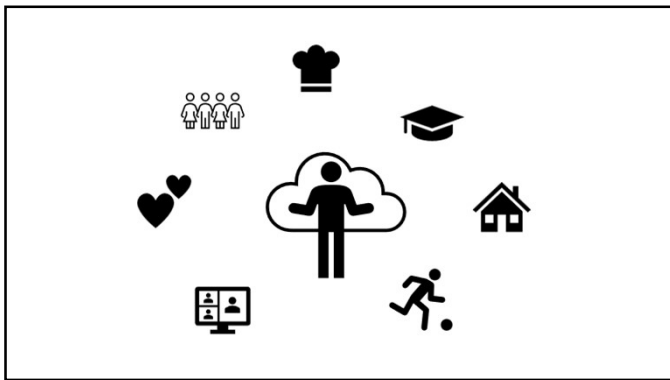
Focus on concrete skills

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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”

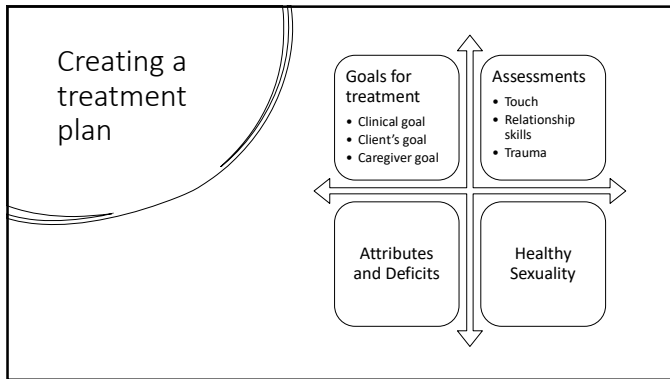
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- What different roles do we have?
- How are they different?
- What do you like/dislike with the traits that comes with your roles?
- If we make a list of every role, what are the traits/skills you want your core person to master?
- What do you think 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?

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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

Modrovski et al., 2022 ; Pipalia et al., 2022

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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

Carson-Wong et al., 2019 ; Kinniburgh, 2013


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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

Aebi et al., 2022; Linehan, 2015; Simpson & Carroll, 2019

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PUTTING IT INTO PRACTICE




MINDFUL

- Of your impulses
- Of your arousal


Emotional regulation

- Warning signs
- Use your skills



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

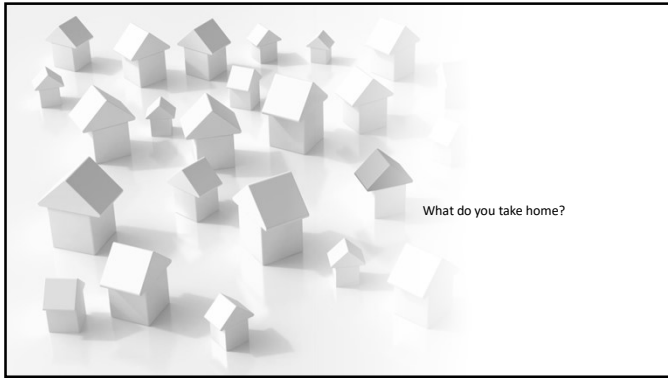
Rewards:
Activities with older brother
Help saving to a keyboard for his computer
Soccer tournament

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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

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