

## Innovative Approaches to Therapy for Young People Who Sexually Abuse

**Presenter:** Anette Birgersson and Christin Santiago

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**Length:** 4 Hours

- 1 hour and 30 minutes**
  - Welcome and introductions
    - What gets in the way of good treatment?
    - Foundations: DBT and Recreation Therapy
    - Activity: What makes us up?
  - Using assessments
    - Deficits, trauma, behaviors
    - Skills
    - Strengths
    - Needs and Psychoeducation
  
- 1 hour and 15 minutes**
  - Wizard Skills Program
    - How to make skills concrete
  - The different parts of us and how we utilize them in every-day life
    - Creating a treatment plan
    - Setting appropriate goals
    - Utilizing assessments
    - Strengths and areas of need
    - Healthy sexuality
  
- 1 hour and 15 minutes**
  - 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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