

Programming for Sex Offenders

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Why Provide Treatment?

- ▶ Part of rehabilitation
- ▶ Helping people to be a healthier versions of themselves
- ▶ Increase public safety



Sex Offender Treatment available in CDCR currently

- ▶ CDCR Institutions that are providing treatment



CHANGE (Choose Help, Accept Normalcy, Gain Empathy)

- ▶ Groups started on 10/3/22.
- ▶ Total of 8 groups currently (2 Spanish speaking)
- ▶ Total participants in group 10-15.
- ▶ Meet weekly for 90 minutes

CHANGE group expectations

- ▶ Active Participation
- ▶ Confidentiality
- ▶ Complete all homework exercises
- ▶ Be responsible to attend group



CHANGE group waitlist and treatment alternatives

- ▶ Currently waitlist is over 200
- ▶ In-cell study
- ▶ Lighthouse 9, PREP, other resources



Group curriculum

- ▶ The Adult Relapse Prevention Workbook by Charlene Steen, Ph.D., J.D.
- ▶ The Road to Freedom, 4th Edition by Jill S. Levenson, Ph.D., and John W. Morin, Ph.D.
- ▶ Building a Better Life: A Good Lives and Self Regulation Workbook by Pamela M. Yates, Ph.D., R.D. Psych, and John S. Prescott, LICSW

Length of Treatment

- ▶ Variable
- ▶ Recovery is an on-going process



Barriers

- ▶ Environmental
- ▶ Cognitive
- ▶ Cultural



The Adult Relapse Prevention Workbook

- ▶ Chapter 1: Introduction to Relapse Prevention (Understanding the Offense Chain)
- ▶ Chapter 2: Changing Thoughts
- ▶ Chapter 3: Thinking Errors
- ▶ Chapter 4: Emotions
- ▶ Chapter 5: Choices
- ▶ Chapter 6: Urge Control

The Adult Relapse Prevention Workbook

- ▶ Chapter 7: Understanding Yourself
- ▶ Chapter 8: Victims
- ▶ Chapter 9: Empathy
- ▶ Chapter 10: Communication
- ▶ Chapter 11: Sex, Love, Friendship

The Road to Freedom

▶ Chapter 1: Accepting Responsibility

- ▶ Denial of the Facts
- ▶ Denial of Intent
- ▶ Denial of Impact
- ▶ Denial of Responsibility
- ▶ Denial of the need for Treatment

- ▶ Rationalization
- ▶ Justification
- ▶ Minimization
- ▶ Plausible Deniability



Road to Freedom

▶ Chapter 2: Understanding your Sexual Behavior

- ▶ Types of Sexual Offenses
- ▶ Childhood Sexual Abuse
- ▶ Non-Contact Offenses
- ▶ Rape and other Sexual Assaults
- ▶ Consent and Power Differentials
- ▶ Grooming
- ▶ Internet Offenses
- ▶ Pornography and internet: impact on relationships
- ▶ Hypersexuality
- ▶ Sexualized Coping
- ▶ Addictions and Compulsions
- ▶ Cravings, Urges, and “PIG” (Problem of Immediate Gratification)
- ▶ Fantasies

Road to Freedom

▶ Chapter 3: Managing your Behavior

- ▶ General Self-Regulation
- ▶ Sexual Self-Regulation
- ▶ Emotional Self-Regulation
- ▶ Risk Factors for Re-offending
 - ▶ The “Big 8”
 - ▶ Static Risk Factors
 - ▶ Dynamic Risk Factors
 - ▶ Protective Factors

▶ Strategies for Self-regulation

- ▶ Managing the PIG
- ▶ Managing Objectification
- ▶ Managing your Fantasies (covert conditioning)
- ▶ Journaling, self-monitoring, De-escalation skills



Road to Freedom (Chapter 3 continued)

- ▶ Emotional Regulation Plan
- ▶ Decision Making skills
- ▶ Developing a Healthy Sexuality Plan
- ▶ Managing your Anger
- ▶ PACE (Problem, Alternatives, Consequences, Evaluate Results)

Road to Freedom

▶ Chapter 4: Understanding Yourself

- ▶ Looking at your childhood experiences
- ▶ Understanding trauma (ACE- Adverse Childhood Experiences)
- ▶ Family Dynamics of Child abuse
- ▶ Sexual Abuse as a child
- ▶ Boundaries
- ▶ Entitlement

- ▶ Feelings
- ▶ Learning about your Needs
- ▶ Self-esteem



Road to Freedom

- ▶ **Chapter 5: Victim Impact**
 - ▶ Empathy
 - ▶ How Sexual abuse affects Victims



Road to Freedom

▶ Chapter 6: Relationship and Communication Skills

- ▶ Healthy vs. Unhealthy Relationships
- ▶ Basic Beliefs that Interfere in Relationships
- ▶ Attachment Styles
- ▶ Achieving Intimacy

- ▶ Effective Communication Techniques and Constructive Conflict Resolution
- ▶ Talking with others about your offense history and your sexual behavior problems.



Road to Freedom

▶ Chapter 7: Healthy Thinking Skills

- ▶ Automatic Thoughts and Feelings
- ▶ Relationship between thoughts, feelings, and behaviors
- ▶ Basic beliefs (Early Maladaptive Schemas)
- ▶ Cognitive Distortions
- ▶ Restructuring Distorted thoughts
- ▶ Distorted thoughts that lead to sex offenses



Road to Freedom

▶ Chapter 8: Relapse Prevention, Self-Regulation and Healthy Sexuality

- ▶ Understanding your Risk
- ▶ Changing your Lifestyle
- ▶ Meeting your Needs in Healthy Ways
- ▶ Protective Factors (Support System)
- ▶ Planning for Situational Escape and Avoidance
- ▶ Identifying Triggers (Internal and External)
- ▶ Intervening during Lapses
- ▶ Coping with Stress





Questions?

Thank you

