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Purpose of Treatment

Modifying Cognitive Distortions
and Deviant Sexual Behaviors to
Reduce the Risk of Reoffending

Motto

- To live
- is to change
 - and
- To be perfect
- is to change
 - often.

Texas Council Sex Offender Treatment: Facts

- 250,000 Texas children are assaulted each year
- There are 45,000 sex offenders in the DPS database (DSHS)
- One reported rape takes place every six minutes (FBI)
- Only twenty percent of all sexual assaults are reported to law enforcement

Developmentally Expected

- Interest in one's own genitals
- Masturbation
- Sexual attraction to others
- Holding hands, mutual kissing with peers
- Playing "doctor"
- Curiosity about others' genitals
- Single episodes of exposing one's genitals
- Discussions with peers about genitals or sexual behavior
- Inquiries about various types of sexual behavior
- Some use of sexually explicit words and jokes
- Sexual contact with consenting peers
- Some interest in sexually explicit materials



(see Araj, 2004; Cavanaugh-Johnson, 1993; Ryan & Blum, 1994; Santrock, 2001)

Questionable or Problematic

- Preoccupation with sexual matters or themes
- Promiscuity
- Repeated attempts to view others' genitals
- Overtly knowledgeable or precocious discussions with peers
- Sexual graffiti
- Group masturbation
- Exposure of one's own genitals on multiple occasions
- Simulated oral, anal, or vaginal intercourse in younger children
- Sexual innuendo, embarrassment, or harassment of others
- Excessive use of pornography or other sexually explicit outlets



(see Araj, 2004; Cavanaugh-Johnson, 1993; Ryan & Blum, 1994; Santrock, 2001)

Dangerous, Abusive, or Illegal

- Repeated attempts to touch the genitals of others
- Forced sexual contact of any type
- Use of fear or threats of force to have sexual contact
- Use of bribery or manipulation to engage in sexual acts
- Intent to cause harm or humiliate
- Masturbation at the expense of other daily activities
- Compulsive use of pornography
- Stealing others' personal items for sexual gratification
- Sexual behavior as a coping response, particularly to lessen negative affect
- Sexual contact with minors

(See Araji, 2004; Cavanaugh-Johnson, 1993; Ryan & Blum, 1994; Santrock, 2001)

Sex Offender Behaviors

- Secrecy and dishonesty: Sex crimes flourish in silence and dishonesty
- Operative cognitive distortions allowing for the rationalization, justification and minimization of deviant sexual behaviors
- Thinking errors:
 - Power play
 - Entitlement
 - Selfish
 - Blaming
 - Poor me
 - Mr. Good Guy

Sex Offender Recidivism Rates

- Hanson and Bourgon (2004) found that, after 15 years, 73% (n=31,216) had not been charged with, or convicted of, another sexual offense.
- While general recidivism rate is 36.9%, the observed sexual recidivism rate is 13%.

Risk Factors and Warning Signs

- The offender does not understand that they are at risk
- The offender has little or no support systems
- The offender regards sex as an entitlement
- The offender has access to potential victims
- The offender is non-compliant with supervision and/or treatment
- The offender deals with hostility and anger by self medicating with drugs and/or alcohol
- The offender is in denial and blames the victim for the crime.

Characteristics of Recidivists

- Multiple victims
- Psychopath (Narcissism+ Antisocial personality=Psychopathy. This is measured by the Hare Psychopathy checklist. A score above 30 is considered a psychopath)
- Stranger victims
- Diverse victims
- Juvenile sexual offenses
- History of abuse or neglect
- Multiple paraphilias
- Unemployed
- Substance abuse
- Antisocial lifestyle

Goals of Treatment

- 1. Accept full responsibility for sexually abusive behavior;
- 2. Develop a clear understanding and sensitivity to the effects of sexual abuse on the people I abused;
- 3. Develop an understanding of my thoughts and feelings that led to my offense and identify my preoffense pattern and offense cycle;

Cognitive Behavioral Therapy

- Thoughts cause feelings and behaviors; not external things like people, situations and events;
- Therapist Role: listen, teach and encourage
- Clients Role: Express concerns, learn and implement teaching
- Socratic method is useful

Relapse Prevention

- Offense Chain
- Offense Cycle
- Triggers
- Avoidance and Escape
- Thinking Errors
- Victim Empathy

CBT: Underlying Assumptions

- Persons are able to become aware of their own thoughts and changing them
- Some thoughts elicited by stimuli distort or otherwise fail to reflect reality accurately.

CBT and Child Molesters

- Child Molesters who participated in Cognitive Behavioral Therapy had fewer arrests than those who did not receive any treatment (13.2% vs. 57.17% respectively)

➤ Lane, Council, 2003

Understanding Sex Offending from an Ecological Perspective

- Micro: biological and psychological makeup.
- Mezzo: any small group, including family, work groups and other social groups
- Macro: sociopolitical, historical, economic and environmental forces that influence the human condition

Assessment Categories

- General Psychological and behavioral Assessment in Children and Adolescents
- Assessing Traumatic Victimization
- Assessing Sexual Knowledge and Development
- Assessing Empathy
- Assessing Sexual Functioning, Sexual Anxiety and Sexual Guilt
- Assessing Normal and paraphilic Sexual Fantasies

Assessment Tools

- General Assessment of Personality and Psychiatric Symptoms in Adolescents and Adults
 - Millon Clinical Multiaxial Inventory-III
 - Minnesota Multiphasic Personality Inventory
 - Beck Anxiety Inventory
 - Beck Depression Inventory

An Effective System Response...

- Ensures that policies and practices target micro, mezzo and macro systems
 - Application of punitive policies and practices alone may raise recidivism risk
 - Must consider the potential impact of labeling and other system approaches to this population

An Effective System Response...

- Recognizes and respects differences *amongst* these persons
 - Individual needs and strengths
 - Range of intervention needs
 - Level of risk
 - Family needs and strengths
 - Peers
 - Environment

An Effective System Response...

- Recognizes and values the differences between adult and juvenile sex offenders
 - Growing body of literature reveals a number of differences
 - Juvenile offenders are not simply younger, smaller versions of adult offenders

Adults versus Juveniles: Harris County

- Harris County accounts for half of all underage teens in the state's adult prisons. "The irony is that legislatures attempt was to keep more kids out of adult institutions. Now it may cause more kids at younger ages to end up in the adult system."
- Judge Michael Schneider, [Houston Chronicle](#), October 29, 2007

Certification

- Texas permits courts to certify juveniles as young as 15 to be tried as adults. In 1996, Harris County certified 170 juveniles. In 2006, 90 juveniles were certified.

An Effective System Response...

- Ensures informed decision making throughout the system
 - Judicial decision making
 - Supervision strategies
 - Clinical interventions
 - Victim safety planning

Developmental Disability

A cognitive, emotional or physical impairment, especially one related to abnormal sensory or motor development, that appears in infancy or childhood and involves a failure or delay in progressing through the normal developmental stages of childhood.

- The Americans with Disabilities Act states that state or local correctional agencies may have to provide deaf or hard of hearing inmates:
- Qualified interpreters, note takers, computer aided transcription services, assistive listening devices, closed caption decoders, telecommunications devices for deaf persons, or other effective methods of making aurally delivered materials available to individuals with hearing impairments.

- ADA is enforced by the U.S. Department of Justice, Office for Civil Rights. Complaints can be filed with the U.S. Department of Justice (Civil Rights Division, 950 Pennsylvania Avenue, NW, Disability Rights Sections, Washington, D.C. 20530)

Section 504 of the Rehabilitation Act of 1973

- Correctional Agencies must insure that their programs and activities are accessible to handicapped persons
- Qualified interpreters should be available in any institution receiving federal financial assistance;

Prison Litigation Reform Act of 1995

- Inmates may not pursue federal claims until they have exhausted all administrative remedies

Deafness...

- Is defined by partial or complete hearing loss
- Conductive Hearing Loss
- Sensorineural Hearing Loss
- Mixed Hearing Loss
- Central Hearing Loss

Characteristics of Deafness

- The greatest difficulties faced by deaf people are related to problems of language acquisition and the development of a communication system
- 90% of deaf children are born to hearing parents

Incidence

- The U.S. Department of Education (2002) reported that during the 2001-2002 school year, 70,767 students ages 6-21 (1.3% of all students with disabilities) received special education under the category of hearing impairment.

Communication

- Oral: Speech, lip reading
- Manual: Finger spelling
- Total Communication
- Cued Speech
- Home Signs
- American Sign Language

Deafness and Blindness

- "I am just as deaf as I am blind. The problems of deafness are deeper and more complex. Deafness is a much worse misfortune. For it means the loss of the most vital stimulus-the sound of the voice that brings language, sets thoughts astir and keeps us in the intellectual company of man" (Helen Keller, 1910)

Measuring Intelligence

- Revised Army Beta Test
- Texas prisoner Average: 94
- Lower than 85: Non-Verbal Testing (TONI or WAIS-R)
- Deaf or Hard of Hearing Average: 91

Deaf Sex Offenders

- 97 Signing deaf offenders at one facility;
- Sex Offenders: n=41
- 65.8% (n=27) committed sexual acts against children;
- Compared with general population of persons incarcerated for sexual offense, deaf persons were four times more likely to commit sexual offense against children than hearing counterparts;
- Educational Achievement: 62.9% at E.A. grade level of 2.8 or below. (Hearing population E.A. average is 7.4 grade level)

Abuse: Any action that is non-nurturing (Pia Mellody)

- Intellectual
- Physical
- Sexual
- Emotional
- Spiritual

Five Core Goals of Treatment

- 1. Self-Esteem
- 2. Boundaries
- 3. Reality
- 4. Dependency
- 5. Moderation

Self-Esteem

- Inherent worth and dignity
- Codependency
- Shame and Guilt

Personal Boundaries

- Internal and External
- Protect and Contain
- A system of limit setting that protects a person from being a victim and contains a person so that they are not offensive to others.

Reality

- The present time
- Trauma and disassociation
- Anxiety versus depression
- Spontaneity

Dependency

- Needs and wants
- Interdependence

Moderation

- Not better than nor less than;
- Not all-powerful nor powerless

Techniques in Working with Developmentally Delayed

- Play Therapy
- Role Play
- Gestalt
- Sign and Gesture
- Art and Expressive therapy
- Projective Storytelling
- Music

Conclusion

- Adults with disabilities who commit sex offenses represent a growing number of all cases handled by the justice system
- Deaf persons have a legal right to participate in professional services (e.g., treatment) in their own idiom
- Deaf persons are more likely to have experienced abuse than their hearing peers;
- A dedicated, specialized, empathetic and effective systemic response is warranted – system failures may translate into additional victims
