#illegalimages
Treating Individuals who View Child Sexual Abuse Media
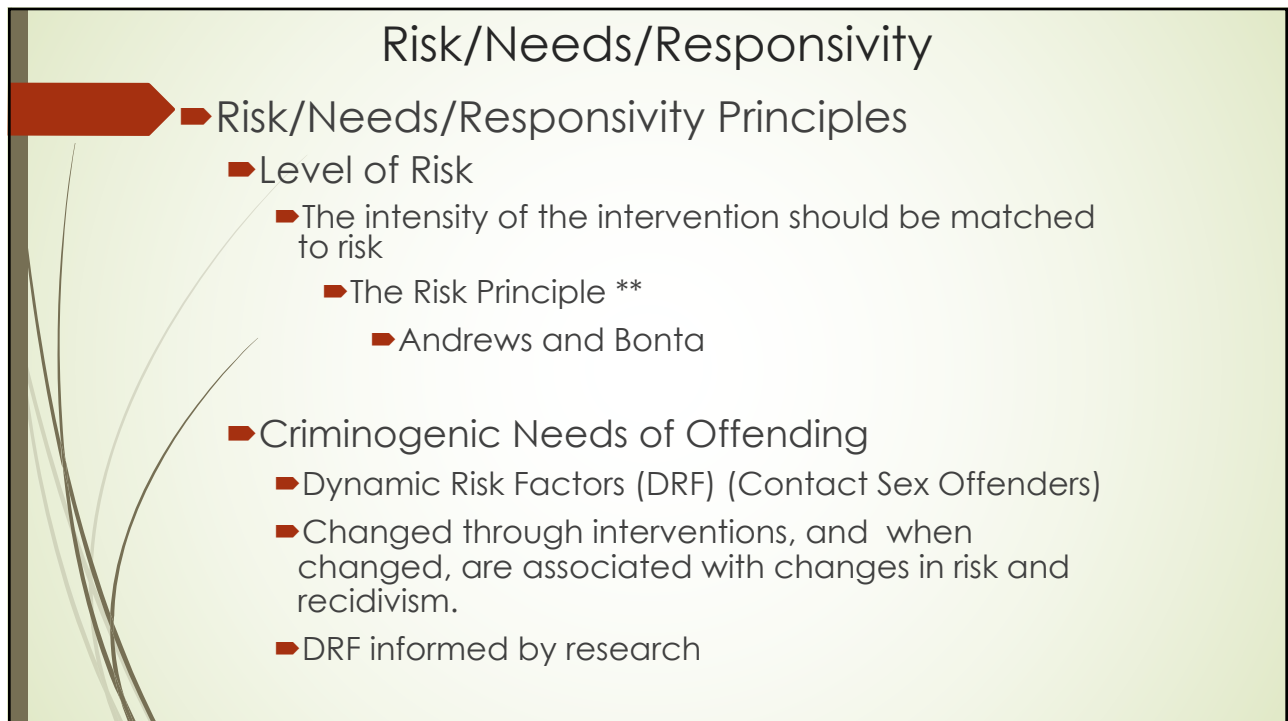
David Delmonico, Ph.D., LPC
delmonico@duq.edu
www.linktree.com/daviddelmonico

&

Elizabeth Griffin, MA, LMFT
elizgrif@gmail.com
952-451-0771

www.internetbehavior.com/so2024
www.internetbehavior.com/healthysexuality

1

Risk/Needs/Responsivity

- Risk/Needs/Responsivity Principles
  - Level of Risk
    - The intensity of the intervention should be matched to risk
      - The Risk Principle **
        - Andrews and Bonta

  - Criminogenic Needs of Offending
    - Dynamic Risk Factors (DRF) (Contact Sex Offenders)
    - Changed through interventions, and when changed, are associated with changes in risk and recidivism.
    - DRF informed by research

2

Treatment Issues (CSAI Non Production Offenders)

- **Emotional Regulation** (Middleton et al., 2006; Laulik et al., 2007; Beech & Elliott, 2009; Marshall et al., 2012; Barnett & Mann 2013)
- **Social Skills/Intimacy Deficits** (Middleton et al., 2006; Laulik et al., 2007; Beech & Elliott, 2009; Marshall et al., 2012; Barnett & Mann 2013)
  - Social Anxiety and Loneliness
- **Deviant Arousal** (Beech & Elliott 2009, Seto et al., 2006; Seto, 2013; Babchishin et al., 2015)
- **Online Hypersexuality** (Kaplan & First, 2009; Seto, 2013)
  - Sensation Seeking (Ray, Kimonis, & Seto, 2014)
- **Problematic Technology Use** (Quayle et al., 2003; Beech & Elliott 2009; Ray, et al., 2014; Rimer, 2019)
  - Psychology of Technology (Suler,1999; Rimer, 2019)
  - Victim Awareness
    (Quayle et al., 2002; Burke et al., 2020; Seto, 2013; Meridian et al., 2018; Rimer 2019)

3

Risk/Needs/Responsivity

- Responsivity – The Forgotten "R"
  - Therapeutic Relationship/Alliance

  - Learning Styles, Abilities, Culture

  - Client Motivation/Engagement

4

Therapeutic Relationship/Alliance

- Flexible
- WERD

(warm, empathic, rewarding and directive)

- Sincere/genuine
- Nonjudgmental
- Self-confident/Enthusiastic
- Effective role modeling
- Consistent

- Motivating
- Not "the expert"
- Provide choices
- Express belief that change is possible
- Humor
- Effectively provide feedback
- Agreeable to mutually determined goals

Rehabilitating Sex Offenders - A Strength-Based Approach (2011)…William & Liam Marshall

5

# Therapeutic Relationship/Alliance

- Therapist features correlated with positive change
  - Warmth, Empathic, Rewarding, Directive (WERD)
  - These factors accounted for the biggest impact in treatment

- Confrontation (without therapeutic relationship) is not helpful
  - Beech & Fordham, 1997; Drapeau, 2005; Drapeau et al 2005; Harkins & Beech, 2007; Thornton et al 2000, Marshall 2013

  - Turtle Story

6

Risk/Needs/Responsivity

- Responsivity – The Forgotten "R"
  - Therapeutic Relationship/Alliance

  - Learning Styles, Abilities, Culture

  - Client Motivation/Engagement

7
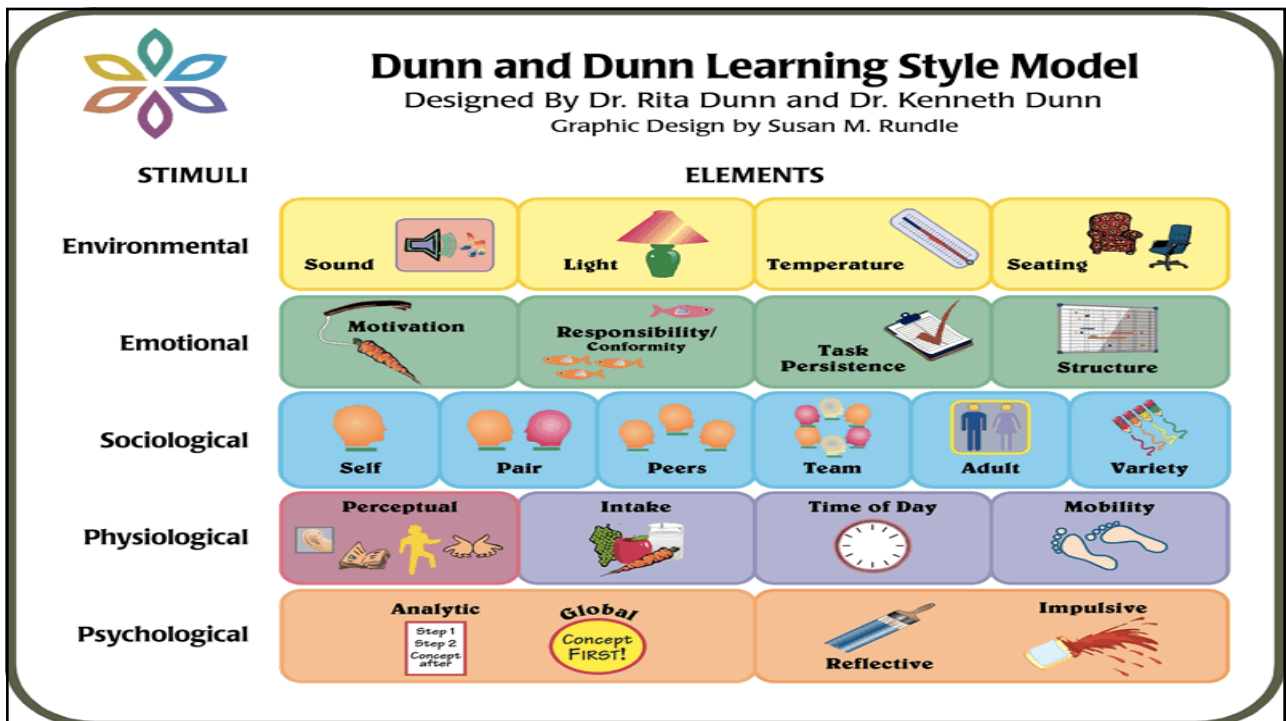
8

Engagement

Those more actively engaged in group showed higher accountability, less cognitive distortions about offending, and more progress toward treatment goals (Levenson, J., Macgowan, M., Morin, J., & Cotter, L. (2004)

9

Motivation/Engagement

- Imagery
  - Adults can learn without imagery but…
    - retention dramatically increases with imagery

  - Provides Therapeutic Anchors

  - Lowers Resistance/Builds Bridges

10
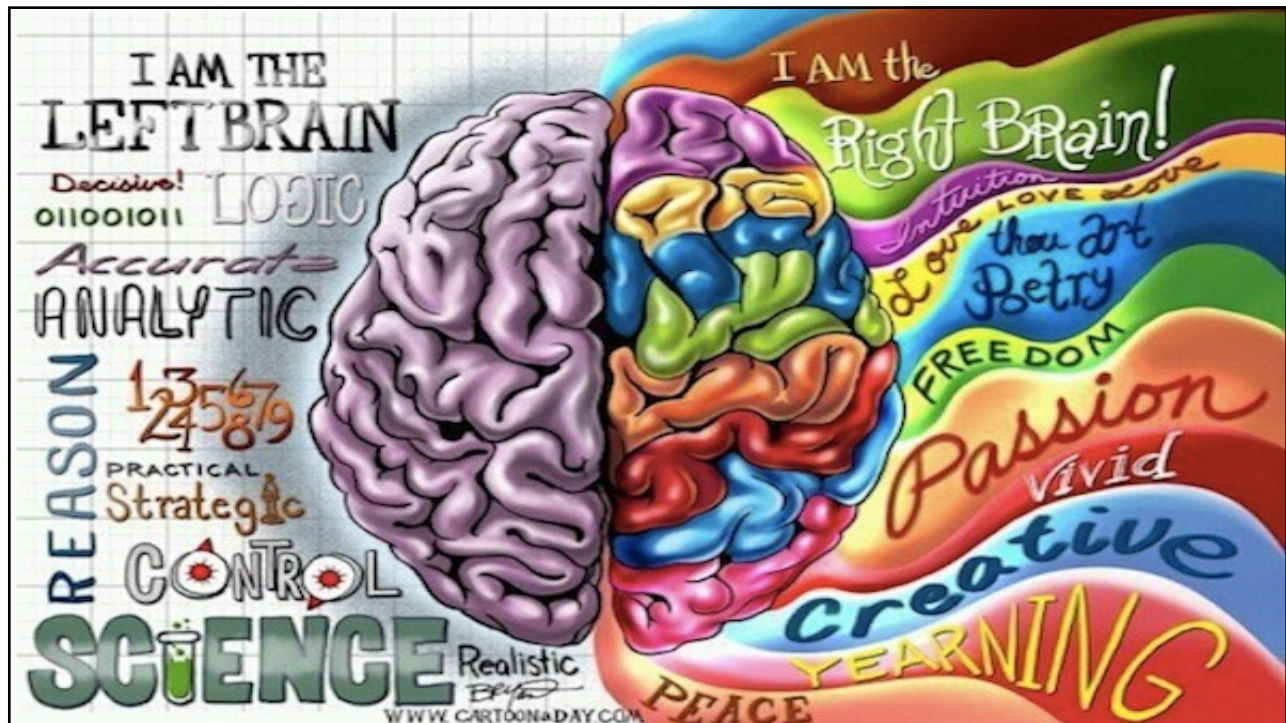
11

Treatment with Responsivity

Setting the Foundation for Treatment

The Attorney

Trained Seals

Jerry Fjerkenstad, MA, LP

12

13

The Internal "Attorney"

➡ Wants you to never tell the entire truth

➡ Wants to protect/defend

➡ Wants you to never trust anyone

➡ Always assumes others are out to get you

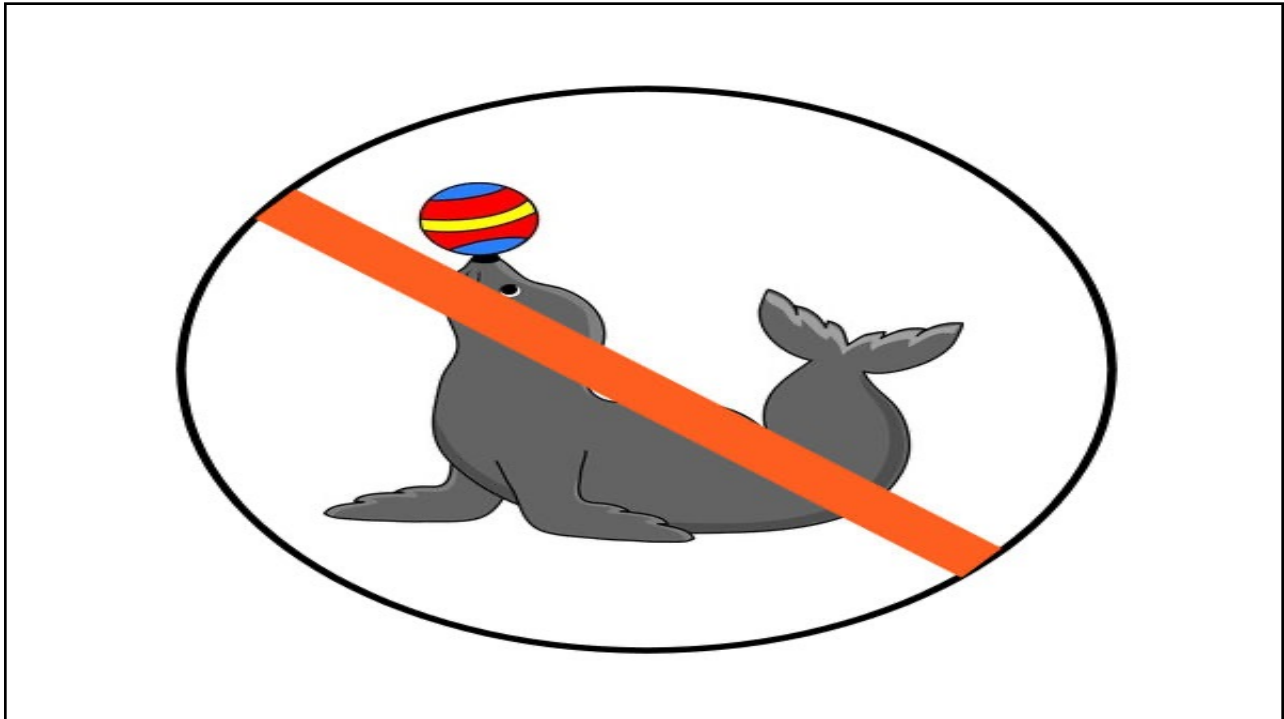➡ Wants to keep trying the case over and over again

14

The Internal Attorney

➡ The Defense Strategies
- ➡ Deny (The Letter of the Law) - I am not guilty
- ➡ Blame – It is not my fault
- ➡ Use Diversion Tactics
- ➡ Minimize
- ➡ Only tell partial truths
  - ➡ Never trust anyone with the full truth

15

The Internal "Attorney"

➡ Everyone has an internal "attorney"

➡ When we feel threatened, our "attorney" surfaces to protect, attack, defend and/or delay

➡ The "attorney" is not bad

➡ The goal is not to make the "attorney" go away
- ➡ The goal is to learn to manage the "attorney"

16

17

Treatment Issues

- **Emotional Regulation** (Middleton et al., 2006; Laulik et al., 2007; Beech & Elliott, 2009; Marshall et al., 2012; Barnett & Mann 2013)
- **Social Skills/Intimacy Deficits** (Middleton et al., 2006; Laulik et al., 2007; Beech & Elliott, 2009; Marshall et al., 2012; Barnett & Mann 2013)
  - Social Anxiety and Loneliness
- **Deviant Arousal** (Beech & Elliott 2009, Seto et al., 2006; Seto, 2013; Babchishin et al., 2015)
- **Online Hypersexuality** (Kaplan & First, 2009; Seto, 2013)
  - Sensation Seeking (Ray, Kimonis, & Seto, 2014)
- **Problematic Technology Use** (Quayle et al., 2003; Beech & Elliott 2009; Ray, et al., 2014; Rimer, 2019)
  - Psychology of Technology (Suler,1999; Rimer, 2019)
  - et al., 2002; Burke et al., 2020; Seto, 2013; Meridian et al., 2018; Rimer 2019)

18

Treatment Issues

- Emotional Regulation

- Social Skills/Intimacy Deficits
  - Social Anxiety and Loneliness

- Deviant Arousal

- Online Hypersexuality
  - Sensation Seeking

- Problematic Technology Use
  - Psychology of Technology
  - Victim Awareness

19

Calming the Brain

- Mindfulness/Meditation
  - Part of the "third wave" of CBT**

- http://palousemindfulness.com

- 10% Happier

- Sitting Still Like a Frog

- Mindfullness In Real Life
  - https://www.mindfulnessirl.com
  - 24 CE's for MHP (all boards)

20

Calming The Brain

Mindfulness (Juliette Adams)

The practice of mindfulness helps us to recognize and observe our thought patterns. Practitioners develop the ability to recognize when thoughts arise, and observe them in a detached manner, without the need to become involved in them (thus not triggering an emotional or "automatic" reaction).

21

Calming The Brain

Mindfulness (Juliette Adams)

By regularly practicing mindfulness, we develop strong neural pathways connected which makes it easier for us to recognize when thoughts arise. This can help us identify the source of a strong emotion as it is triggered and choose more effective ways to respond. (Harvard Study) (UK Study)

22

Calming The Brain

➡Mindfulness (Juliette Adams)

Once you learn to become "an impartial spectator", you can recognize old, habitual patterns that no longer serve you well, and reshape those patterns in new directions.

Whilst practicing mindfulness may be uncomfortable at first, it has the capability to rewire our thinking patterns. This makes the new ways of thinking (that previously felt unfamiliar or uncomfortable) become habitual.

23

Calming The Brain

➡Starting with The Little Things (Individual and Group Therapy)
- ➡Imagery – Internal Weather/Anchor /Mountain
- ➡Music/Breathing
- ➡Relax the tongue away from the roof of the mouth
- ➡Touch the lips

➡Bi-lateral movement
- ➡Bypasses resistance
- ➡Requires no verbiage or insight
- ➡Automatically calms and soothes

24

Fun & Games

➡ Social Skills and Intimacy Deficits
  ➡ Games the very best at teaching
    ➡ Conversation/Listening/Paying Attention Skills
    ➡ Working Together (Pairs/Teams)
    ➡ Supporting Each Other
    ➡ Experience of Fun/Laughter
    ➡ Connecting in Safe Ways
    ➡ Sharing in Safe Ways/Disabling the Defenses
    ➡ Following Rules that Don't Make Sense
    ➡ Frustration Tolerance

25

Therapy Games by Alanna Jones

➡ **Apples to Apples**

➡ Handout three of the red game cards to each person in the group

➡ Participants take turns telling a fictional story that contains the words on their three cards

➡ The story can be no longer than two to three minutes.

➡ After everyone is finished their story, have participants vote on which story was best.

➡ *Discussion Questions:*
➡ Was it easy for you to think of a story quickly?
➡ Is it easy for you to think or something to say in a social situation?
➡ Were you listening to other's stories or thinking about the story you were going to create?

26

Fun & Games

- Emotional Regulation
  - Excited/Competitive/Angry/Upset

  - Speed/Spoons/High Paced Musical Chairs

  - Practice in the moment emotional regulation skills
    - Breathing/Mindfulness

27

Healthy Sexuality

- Does it make sense….?

- Start with Healthy Sexuality
  - Creates a more positive treatment experience
    - Decreases resistance

  - Creates an awareness of sex offense behavior
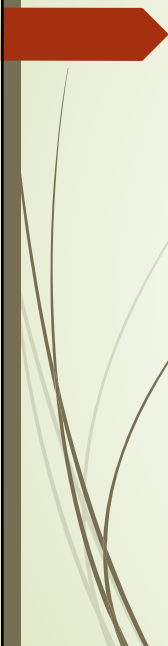
  - Emphasizes health sexuality is important

28

Deviant Sexuality

- Talking about Sexuality/Know About Sexuality
  - Desensitization

- Understanding Your Sexuality

- Defining Healthy Sexuality

29

Deviant Sexuality

- Talking about Sexuality/Know About Sexuality
  - Desensitization

- Understanding Your Sexuality

- Defining Healthy Sexuality

30

YOUSOUP Recipe version2 by its pronounced METROsexual.com

Ingredients:

base & broth
- race
- ethnicity
- gender
- sexuality

early additions
- socioeconomic status
- geographic location
- education
- family structure

optional
- hobbies & passions
- religion & faith
- career
- political beliefs

secret ingredients
- personal experiences
- changes to other ingredients
- hidden identities
- misperception of ingredients

Procedure:
Combine base ingredients to create broth and bring to a boil. Toss in early additions and simmer over low heat for many, many years, adding optional and secret ingredients to taste. Makes one You.

31

Sexuality Zones
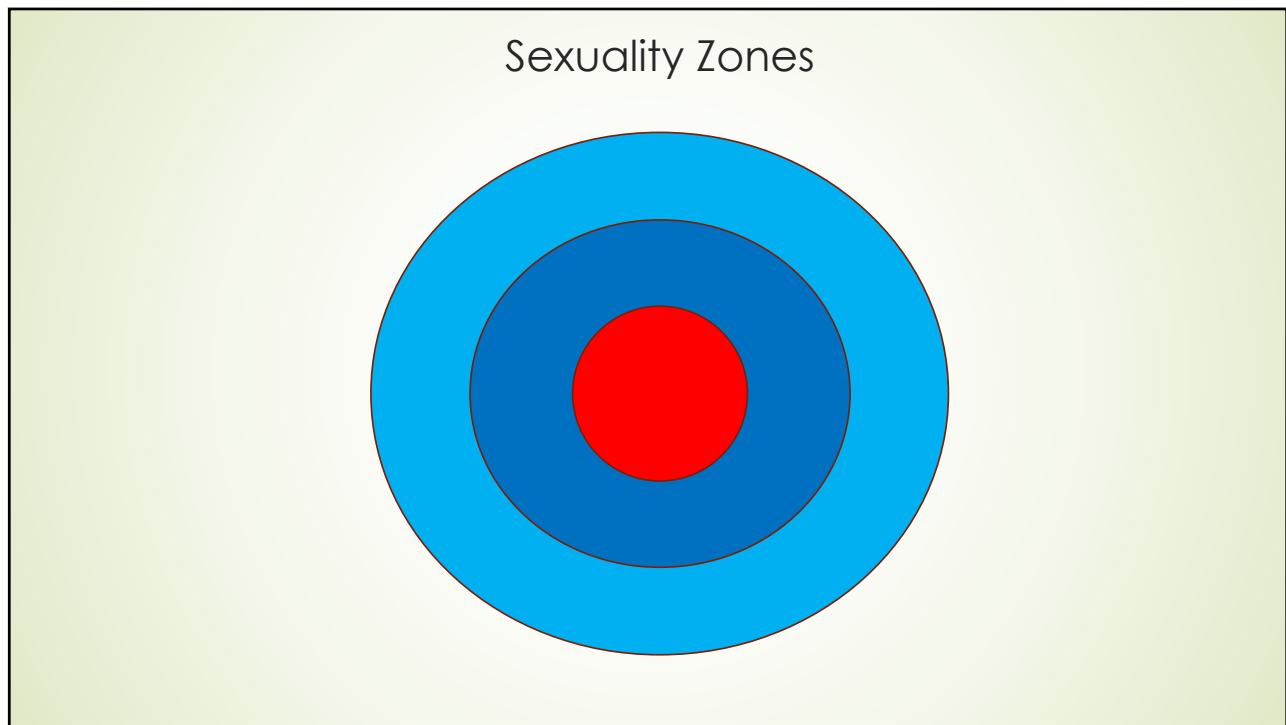
32

Deviant Sexuality

- Talking about Sexuality
  - Desensitization

- Understanding Your Sexuality

- Defining Healthy Sexuality

33

Models of Sexual Health

- More than just teaching a model(s) to clients
  - Weave through all of therapy from start to finish

  - All behavior oriented around model of sexual health
    - Offense behavior too...

  - The goal....
    - Clients create their own vision of sexual health

34

Health Sexuality

➡Healthy Sexuality (Marshal et al. 2016)
- ➡Good sexual communication
- ➡Ability to express sexual needs
- ➡Ability to initiate wanted sex
- ➡Ability to decline unwanted sex

35

Models of Sexual Health

➡CERTS Model (Wendy Maltz)
- ➡**C**onsent, **E**quality, **R**espect, **T**rust, and **S**afety
- ➡It's All One Curriculum
- ➡Sexual Health Model (University of MN Program in Human Sexuality)
- ➡Weston Edwards
  - ➡Life, Liberty and the Pursuit of Sexual Health
  - ➡Living a Life I Love: Healing SA, Sexual Compulsivity & Other Sexual Concerns
  - ➡Cybersex Unplugged: Finding Sexual Health in an Electronic (Financial Interest)
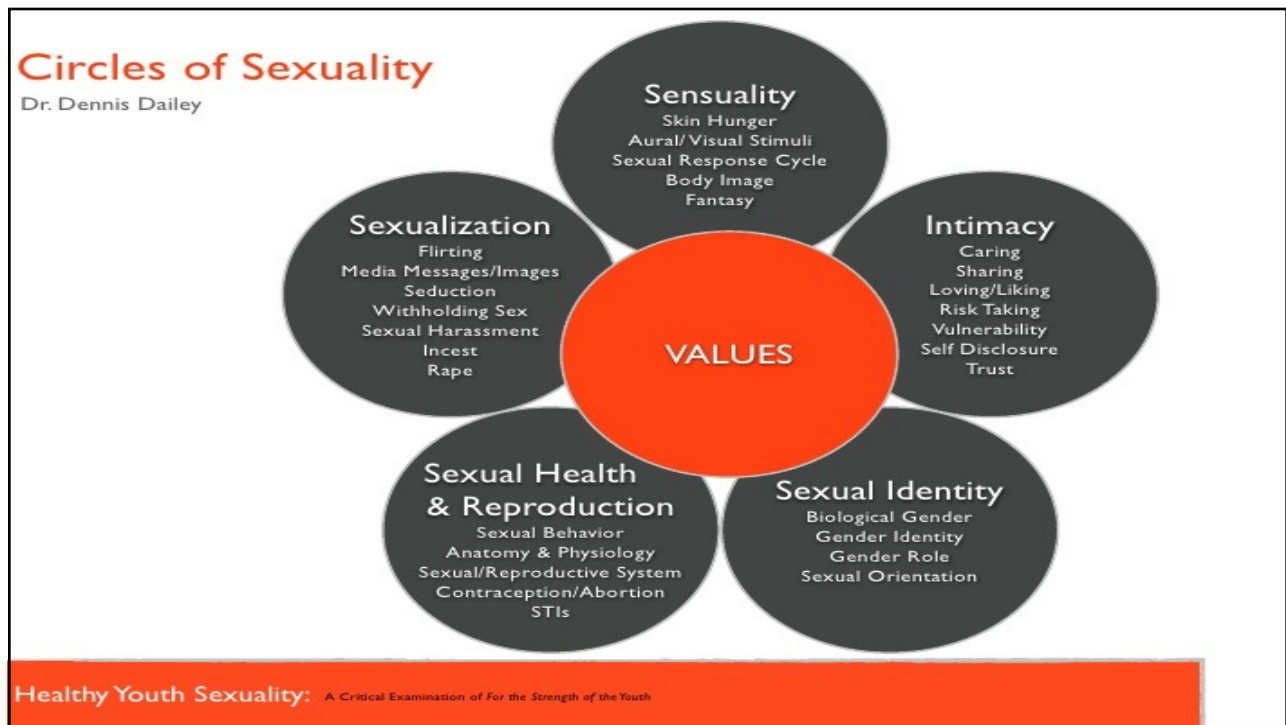➡Circles of Sexuality (Dennis Daley)

36

Sexual Health Model
University of Mn Program in Human Sexuality

- Talking about Sex
- Culture and Sexual Identity
- Sexual Anatomy Functioning
- Sexual Health Care and Safer Sex
- Challenges
- Body Image
- Masturbation and Fantasy
- Positivity Sexuality
- Intimacy and Relationships
- Spirituality

37

38

Healthy Sexuality

- Creating a Vision of Healthy Sexuality
  - Will evolve over the course of treatment/fluid document

  - Will not be perfect

  - Must be individualized to the client not to the therapist

  - Ask clients to pull from all they have learned/ learning

39

Hypersexuality

- Hypersexuality

  - Pornography Literacy

  - Attack Plan

40

Pornography Literacy

- Concept based on the belief that....
  - Many individuals will view adult pornography so
    - Need to make a informed choice about pornography
    - Need to understand the impact of pornography

- What doesn't typically work...
  - Just say no, you can't do it, if you do look at porn...

  - What is pornography?

41

Types of Pornography

- Erotica
  - Mutual consenting, mutually pleasurable, relational sexuality based on equal power dynamics and/or nudes
- Nonviolent Pornography
  - No explicit violent content but may imply submission or violence. May also imply unequal power relationships.
- Violent Pornography
  - Images that portray explicit violence of varying degrees or portray non-consenting sexual activity such as rape/child pornography

42

Overview of Research
(Malamuth 2003; Malamuth el al., 2000; Shim et al., 2007)

- Personality Variables
  - Antisocial/Hostile Masculinity
  - High Sexual Disposition
  - Interpersonal Sex Orientation/ Perceived Rejection/Anger

- Individuals possessing these characteristics more likely to seek out sexually explicit material and more negatively impacted from the exposure.

43

Overview of Research

Both high risk and low risk individuals negatively impacted by the use of deviant (child, violent, paraphilic) pornography. (Kingston, et al., 2009)

Individuals who view deviant (child, violent, paraphilic) pornography are more likely to recidivate (Kingston, et.al., 2008)

44

Considerations

- Always "No" Scenarios
  - High Risk

  - Hypersexual/Sexually Compulsive
    - History of Many Paraphilic Interests

  - Antisocial
    - Impulsive/Angry
    - Cognitive Distortions Related to Sex

45

Considerations

- Possible "Yes" Scenarios
- Low Risk Individuals

- No Access to Sexual Partners
  - TV/Movies/Books/Erotica

- No Experience of Sexuality/Healthy Sexuality
  - Educational Pornography & Books/Erotica

46

Guidelines

- No Online Pornography Use
  - Books/DVDs

- Check in Weekly with Therapist

- Check in with Probation at Each Visit

- Polygraphs

47

Guidelines

- Must Complete a Healthy Sexuality Plan

- Must Complete Pornography Decision Matrix**

- Must Complete Pornography Use Plan

- Must Complete Pornography Log

48

Decision Matrix

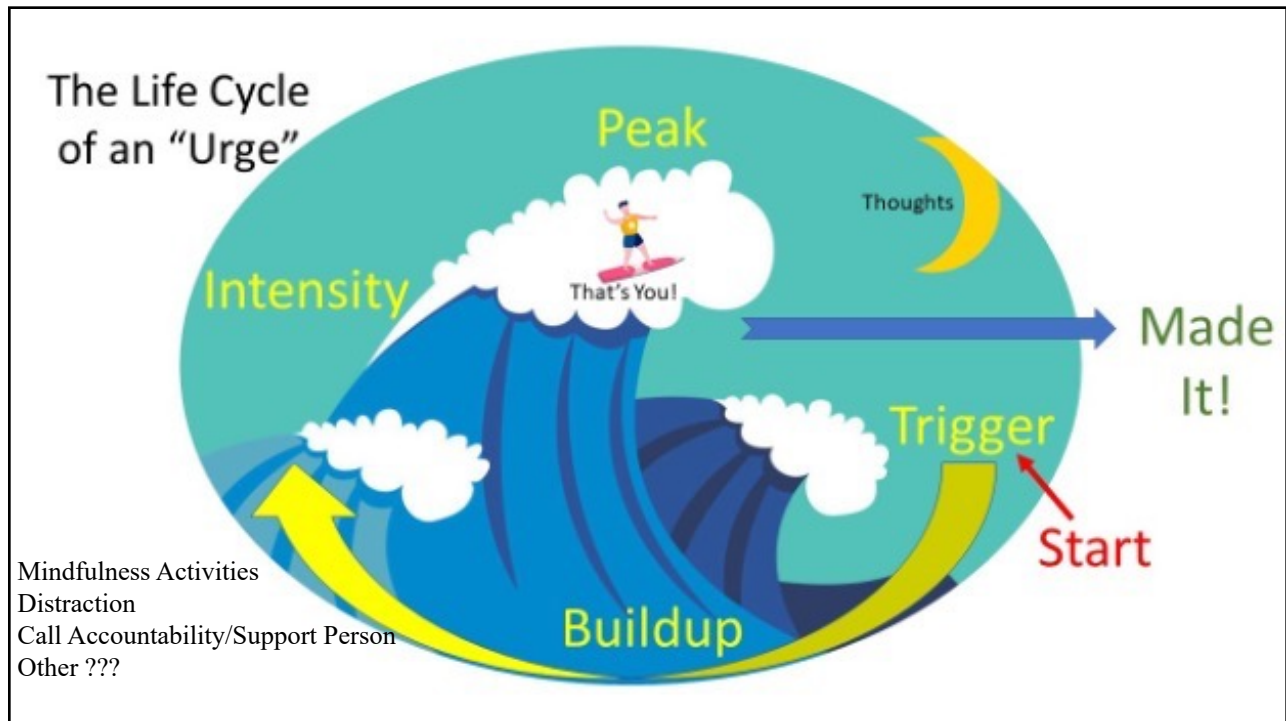| To:	Immediate Consequences		Delayed Consequences	
Look at Pornogrpahy	Positive 1	Negative 2	Positive 3	Negative 4
	Total	Total	Total	Total
Not To; Look At Pornography	Positive 5	Negative 6	Positive 7	Negative 8
	Total	Total	Total	Total

Decision to Look at Pornography _____   Decision to Not Look at Pornography_____

49

Attack Plan for Online Hypersexuality

- Medication

- Weekly Meetings
  - "S" Mtgs/Faith Based
  - Don't throw baby out with bathwater

- Mindfulness Activities
  - Urge Surfing

- Self Care Activities

- Accountability/Support People

50

The Life Cycle of an "Urge"

Peak

Thoughts

Intensity

That's You!

Made It!

Trigger

Start

Mindfulness Activities
Distraction
Call Accountability/Support Person
Other ???

Buildup

51

Attack Plan for Online Hypersexuality

➟ Medication

➟ Weekly Meetings
   ➟ "S" Mtgs/Faith Based
     ➟ Don't throw baby out with bathwater

➟ Mindfulness Activities
   ➟ Urge Surfing

➟ Self Care Activities

➟ Accountability/Support People

52

Problematic Technology Use

- Most overlooked in treatment programs

- A significant factor in online sexual offense behavior

- Not just a treatment need for individuals who commit their sexual offense online....also a need for individuals who commit sexual offenses offline

53

Treatment

- Problematic Technology Use
  - Psychology of Technology **
  - Technology Health Plan
  - Technology Craziness Index
  - Digital Footprints
  - Acceptable Use Plan
  - 7 Desires and Technology
  - Victim Awareness

54

Psychology of Technology

- Psychology of Technology (1997)
  - Individual do/say things online they would never say/do in offline world

  - When online more difficulty to recognize consequences

  - Online environment impairs empathy

55

Psychology of Technology

Cyber-hex
Delmonico and Griffin

- Easy to lose track of time and consequences
- Form pseudo relationships without risk of vulnerability
- Internet has become an integral part of life
- Intoxicating especially since the reward is sex

Online Disinhibition
Suler

- Anonymity: You Don't Know Me/You Can't See Me
- Escape: See You Later
- Fantasy: It's All in My Head
- Familiarity: We're Equals / Friends

56

Psychology of Technology

The E-Personality
Adapted from
'Virtually You' by Aboujaoude

- Narcissism: We are the center of the universe
- Shadow: Technology releases and nurtures
- Regression: Toward immaturity
- Impulsivity: Urge driven lifestyle
- Reinforced sensation seeking behavior

Online Objectification

- Distancing (Rimer, 2019)
- Detachment/Dissociation (Quayle et al.,2002; Rimer, 2019)
- Anonymity /Moral Flexibility
- Children are more like characters (Elliott et al.,2009)
- "Only Images" (Leonard, 2010; Winder et al.,2010)
- "Restricted view of harm" (Burke et al.,2002)

57

Psychology of Technology

It is recognized that these features of technology **cannot be ignored** as a factor in sexual offense behavior in the online world. (Quayle et al., 2010; Seto, 2013; Rimer, 2019)

Function of the Internet is a crucial aspect of some types of online sexual offending (Merdian et al. 2016; Sheldon and Howe, 2007; Surjadi, 2010)

58

Technology Health Plan

| Emotions | | Thoughts |
| Behaviors | | Situations |
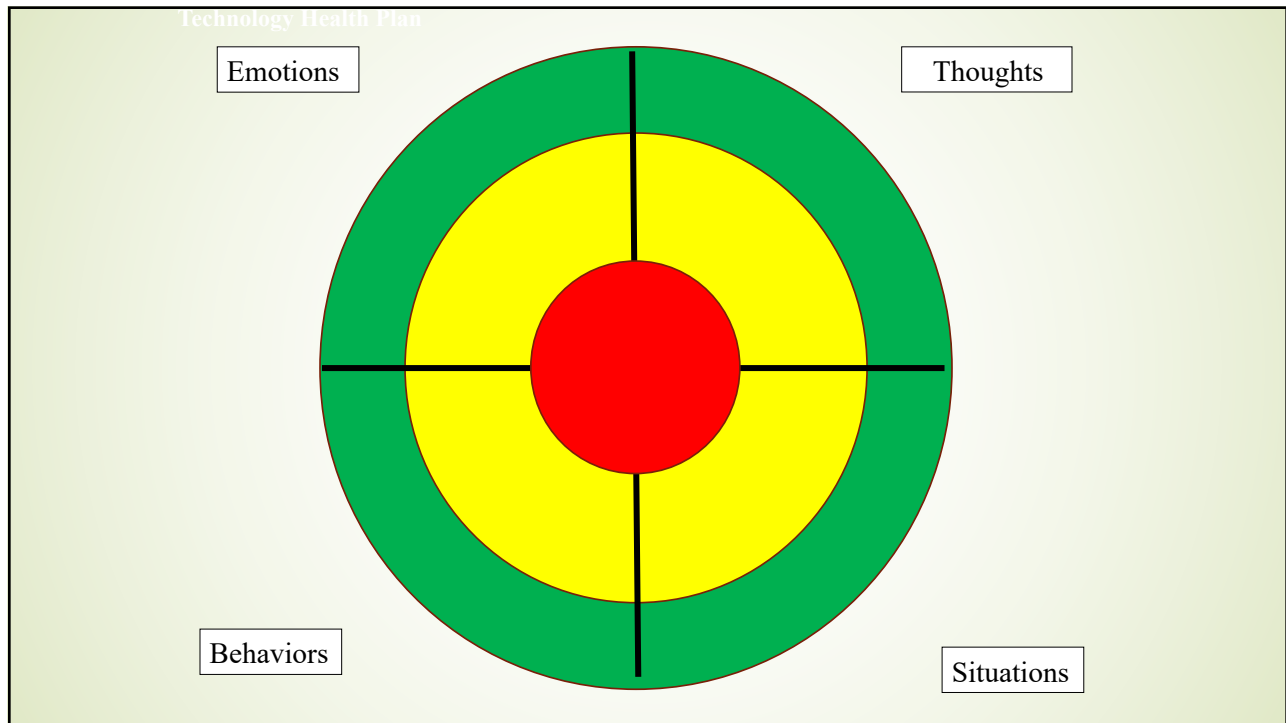
59

Victim Awareness

➡Psychology of Technology**

➡Jenga

➡Victim Impact Letter
  ➡CCRC Article
  ➡Victim Impact Statements

60

Victim Awareness (Rimer, 2017, 2019)

- Offline Children
  - Vulnerable, Needing Protection, Asexual, Innocent
- Online Children Viewed
  - "Not Real", "Only Pictures"
  - Sexualized, Unable to Connect SA to Actual Child
  - Construct Not Activated without Engagement with Technology
  - Distancing, Detachment, Anonymity Features
    - Leads to objectification and lack of empathy
- Construct
  - Different Offline vs Online
  - Individuals Can Hold Both Simultaneously

61