

# Effective Treatment Components for Children with Problematic Sexual Behavior and Their Caregivers

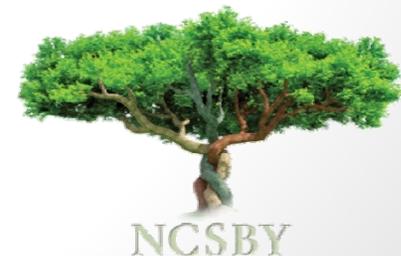
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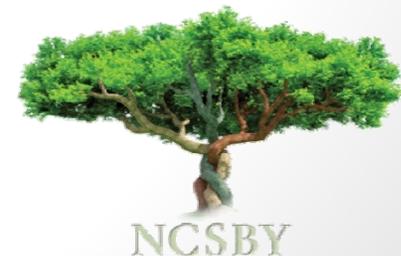
ICDVVA Conference

Boise, ID



# Acknowledgements and Disclaimer

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- The views expressed in written training materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



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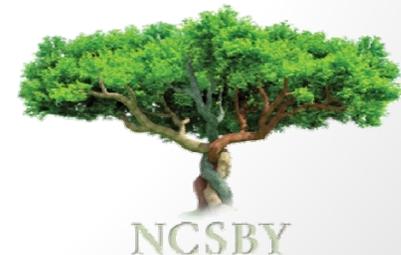
**Natalie Wilcox, Ph.D.**



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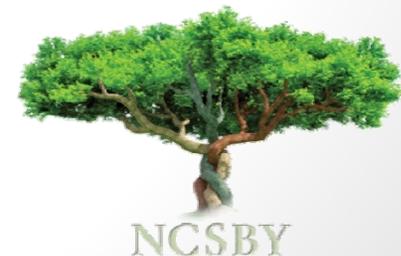
# Goals / Objectives

- Brief overview of Problematic Sexual Behavior (PSB)
- Understand effective components of treatment of PSB
- Treatment components found effective in reducing or eliminating sexual behavior problems in children;
- Strategies to engage caregivers in treatment and in applying parenting strategies;
- Application of sexual behavior rules, abuse prevention, and sex education in treatment with children with sexual behavior problems and their caregivers.



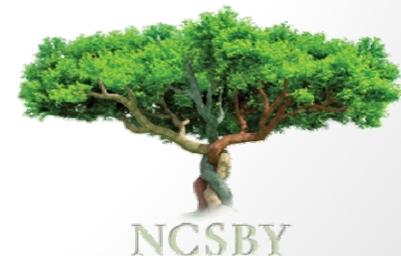
# Problematic Sexual Behavior (PSB)

- Typically involves genitals
  - Could involve other body parts, such as mouth, hands, etc.
- Potentially harmful to self and/or others
  - Physical and/or emotional
- Developmentally inappropriate
- Could be illegal per State and/or Federal statutes



# Problematic Sexual Behavior (PSB)

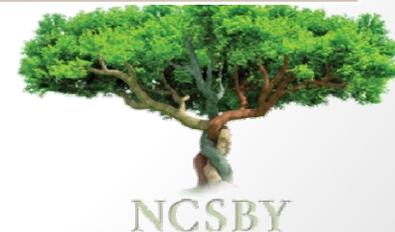
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# Are the Sexual Behaviors a Problem?

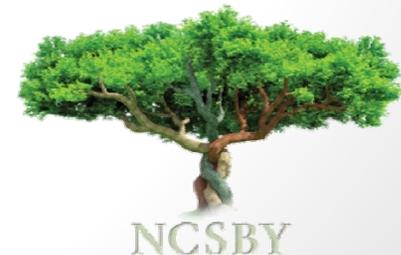
Frequency	Developmental Considerations	Harm
High Frequency	Occurs between Youth of Significantly Divergent Ages/Developmental Abilities	Intrusive Behaviors
Excludes Normal Childhood Activities	Behaviors are Longer in Duration than Developmentally Expected	Includes Force, Intimidation, and/or Coercion
Unresponsive (i.e., does not decrease) to Typical Parenting Strategies	Behavior Interferes with Social Development	Elicits Fear & Anxiety in Other Children

Bonner, 1995; Davies, Glaser, & Kossoff, 2000;  
 Friedrich, 1997; Johnson, 2004; Larsson & Svedin, 2001



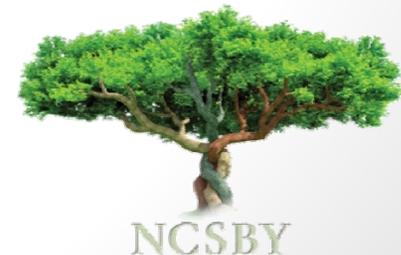
# Where does PSB come from?

- Historically thought all children with problematic sexual behavior had been sexually abused.
- Research has indicated that many but not most have a history of sexual abuse
  - About 50-65% in our Oklahoma families served
- Origins appear more complex
  - Exposure to sexualized materials
  - Family practices regarding nudity and privacy
  - Neglect, lack of supervision
  - Exposure to physical or emotional violence



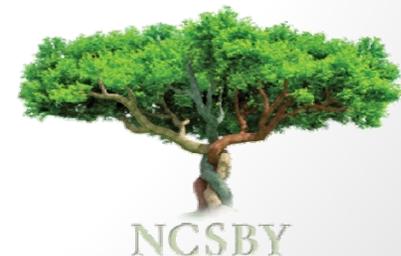
# Summary of Children with PSB

- No distinct profiles for children or children with PSB
- No clear pattern of demographic, psychological, or social factors
- Boys and girls have PSB
- Cultural and societal factors impact PSB
- Co-occurring diagnoses
  - Disruptive Behavior Disorders: ADD/ADHD, ODD, CD
  - Trauma-Related Disorders: PTSD, Adjustment
  - Other internalizing disorders (e.g., depression)
  - Learning and language delays
  - Rarely RAD



# Impact of Correlates and Typology on Clinical Decisions?

- PSB  $\neq$  SA history
  - However, PSB warrants some level of assessment for sexual abuse
- Sexualized environment addressed
- Coercive environment addressed
- Co-morbid conditions can impact treatment planning
- All PSB are not the same



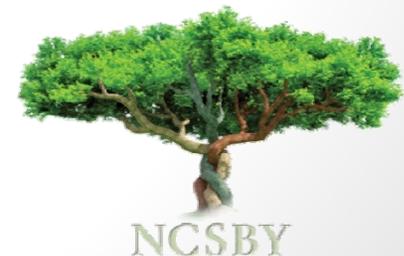
# EVIDENCE BASED TREATMENT FOR PSB



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# Treatment Components that Work for Children with PSB

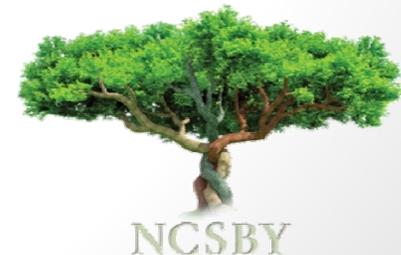
- Meta Analysis
  - St. Amand, Bard, & Silovsky, 2008



# Results of Meta-Analysis

- Overall, degree of change estimated at 0.46 and 0.49 standard deviation decline in PSB and general behavior problems, respectively
- Behavior Parent Training and preschool-age group provided best model fit;
  - More strongly predicted outcome than broad treatment type classifications (e.g., Play therapy or CBP)
- Practice elements evolved from treatment for Adults with Illegal Sexual Behavior (e.g., cycles) did not reduce PSB.
  - Increase in general behavior problems

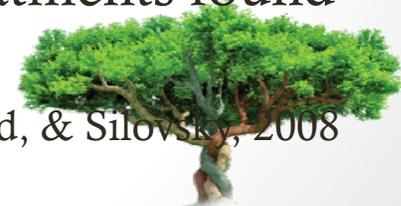
St. Amand, Bard, & Silovsky, 2008



# Effective Practice Elements

- Parent practice elements
  - Behavior Parent Training (BPT), co-occurring with
    - Rules about sexual behavior, boundaries
    - Sexual education
    - Abuse prevention skills
- Child practice elements
  - Self-control skills
- Additional factors
  - Family involvement
  - Preschool-aged children
- PSB specific CBT treatments and TF-CBT treatments found to be effective

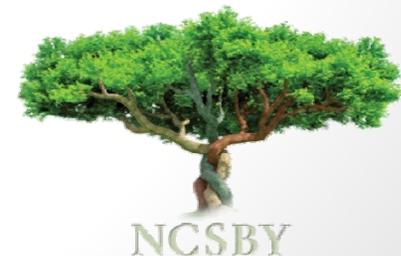
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# PSB-S Treatment Format

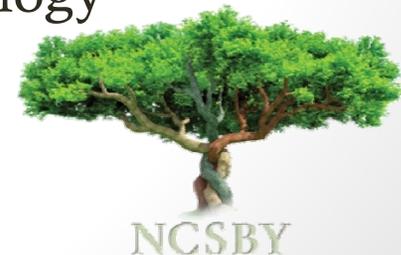
- Highly structured and interactive
- Directly addresses sexual behavior
- Rule-based learning experiences
- Directive therapists
- Psycho-educational, cognitive-behavioral format
- Practice time for children and their caregivers



# OU PSB-CBT-S Group Program Module Sequence

Completed in approximately 18 sessions

- Orientation\*
- Sexual Behavior Rules
- Supervision and Monitoring
- Feelings
- Relaxation
- Self-Control and Behavior Management
- Social Skills
- Abuse Prevention
- Sex Education
- Behavior Management and Empathy and Apology
- Graduation\*



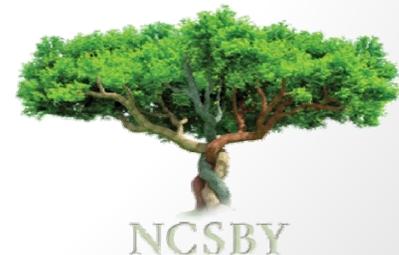
# Sexual Behavior/Private Part Rules

## Sexual Behavior Rules

1. It is NOT OK to look at other people's private parts.
2. It is NOT OK to show your private parts to other people.
3. It is NOT OK to touch other people's private parts.
4. It is OK to touch your private parts as long as you are in private and do not take too much time.
5. It is NOT OK to use sexual language or make other people feel comfortable with your sexual behavior.

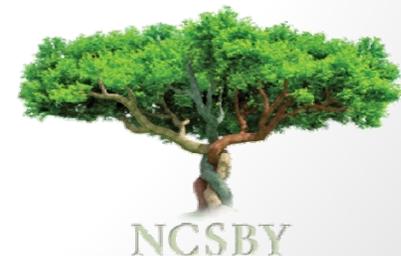
## Private Part Rules

1. NO touching other people's private parts. (Includes kicking, hitting, biting, etc.)
2. NO other people touching your private parts.
3. NO looking at other people's private parts.
4. NO showing your private parts to other people.



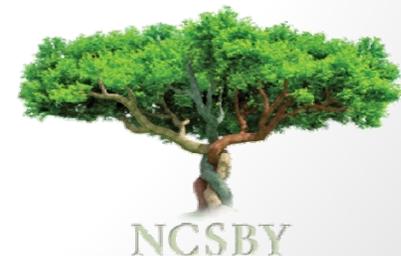
# Supervision and Monitoring

- How to prevent PSB
  - Supervision plan, watchfulness
  - Social network help and supports
  - Safety planning
- Teach and maintain rules about respect for others, privacy, modesty
- Encourage safe, appropriate physical affection



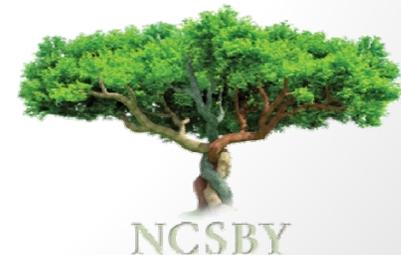
# Supervision and Monitoring

- Discuss how to address PSB
- Monitoring the environment around your child
  - Home
  - School
  - Community
  - Peers
  - Media



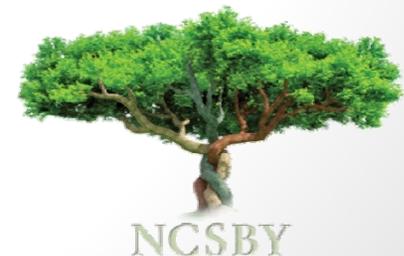
# Supervision and Monitoring

- Close SUPERVISION
- Children not placed in charge of other children
- Bathe and sleep alone
- No exposure to sexual material
- Maintain adults' privacy
- Appropriate modesty
- Communicate clear rules about privacy
- Include all members of the family



# Feelings and Relaxation

- Recognizing feelings in self and others
- Rating the intensity of feelings
- Specific relaxation strategies including deep breathing and progressive muscle relaxation
- Set stage for next module



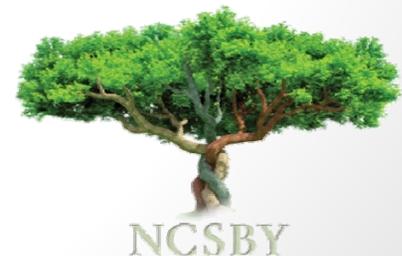
# Self-Control Strategies

## Child

- Using CBT to manage own behavior
- Self-control strategy
  - Turtle vs. STOP Steps
- Practice makes perfect
- Application to PSB / SBR

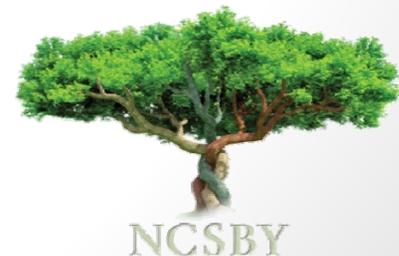
## Caregiver

- Learning self-control strategy
- Supporting children's use of skills



# Behavior Management

- Preventing Behavior Problems
  - Effective commands (i.e., direct commands)
  - Labeled praise
  - Behavior management plans (e.g., sticker charts, token economies)
  - Motivators
- Addressing Misbehavior
  - Natural/Logical consequences
  - Time-out



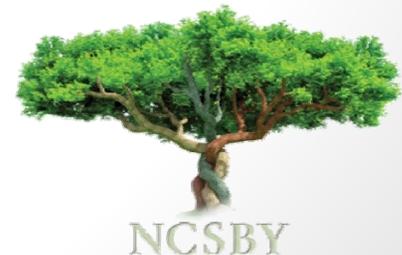
# Social Skills

## Child

- Basic social skills (e.g., eye contact, introductions)
- Identify positive qualities in peers
- Strategies to manage peer rejection

## Caregiver

- Importance of peer relationships
- Support their child in prosocial activities
- Reinforce good social skills



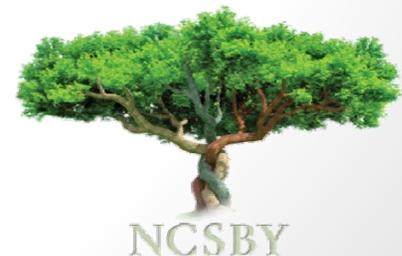
# Abuse Prevention

## Child

- Identify risky situations
- Learn abuse prevention strategies (i.e., No-Go-Tell)

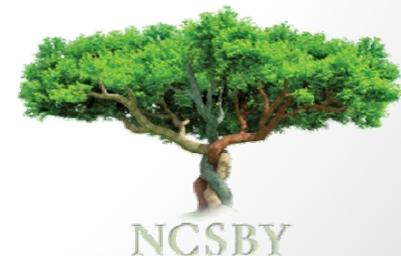
## Caregivers

- Gain information on child sexual abuse
- How to discuss abuse prevention with children
- Learn abuse prevention strategies.



# Sex Education

- Teach appropriate names and functions of male and female reproductive systems
- Teach conception and fetal development
- Facilitate conversation between caregivers and youth regarding sex education and related questions
- \*Older children (10 and older) receive information on puberty



# Empathy and Apology

## Child

- Learn how to identify feelings in others
- Acknowledge how their behavior including PSB impacts other people
- Write an apology letter to share with their caregiver

## Caregiver

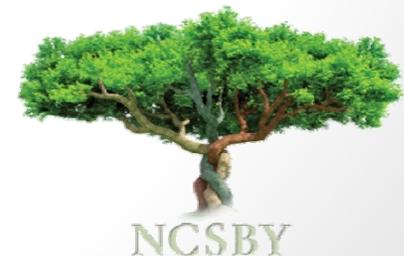
- Learn about moral development
- Write a praise letter to share with their child



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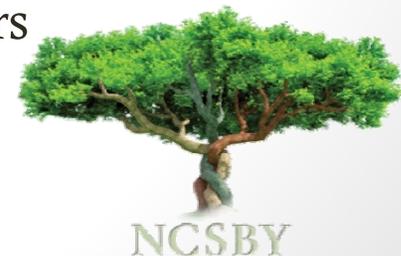
# Modifications for Family Therapy

- Completion in no less than 16 sessions
- Mix of caregiver only and caregiver-child sessions
- Time allotment for caregiver, child, and combined sessions
- Modules re-ordered to accommodate behavior parent training

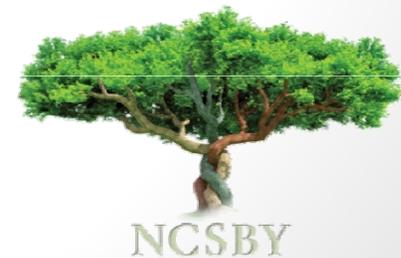
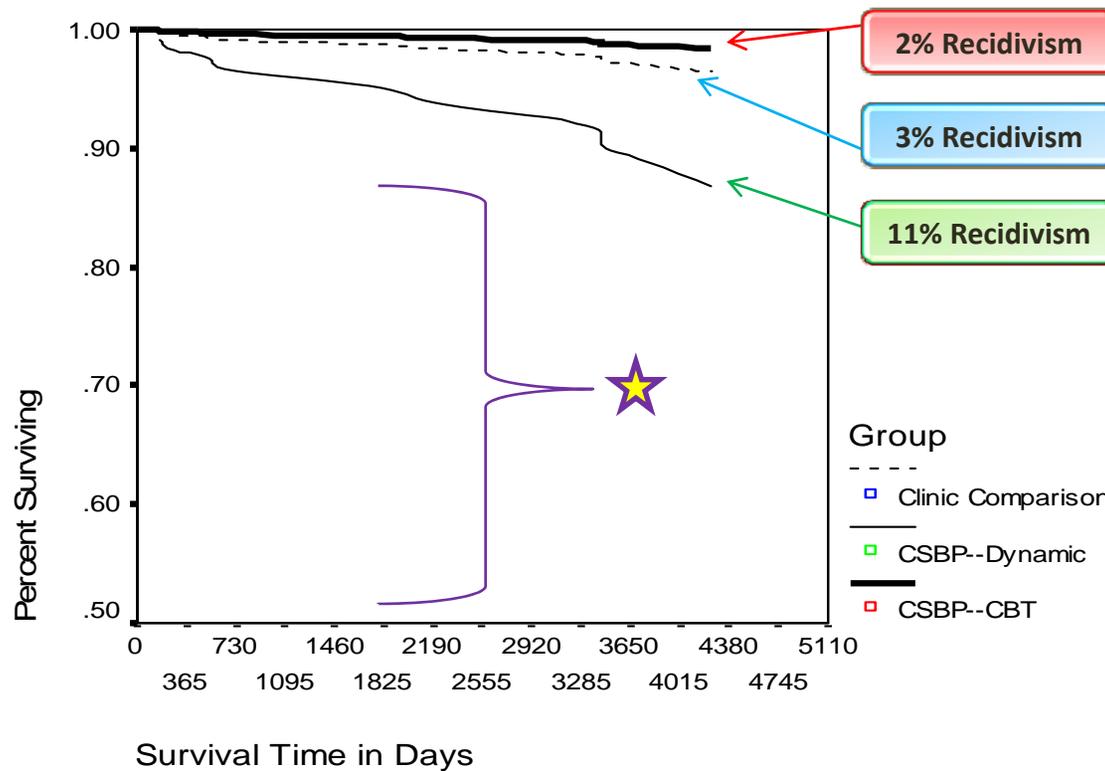


# 10 Year Follow-Up Data

- Long-term follow up (Carpentier, Silovsky, & Chaffin, 2006)
  - ATSA funded student research
  - 10 year follow up on children with PSB
    - Control Group: Children with Disruptive Behavior Disorders seen at same time at same location
    - Administrative records from Child Welfare, Juvenile Court, and Oklahoma State Bureau of Investigations
- Subjects
  - 59 CBT Group Therapy
  - 64 Dynamic Play Therapy Group
  - 156 Comparison – Disruptive Behavior Disorders
- Similar age and race



# 10 Year Follow-Up Data



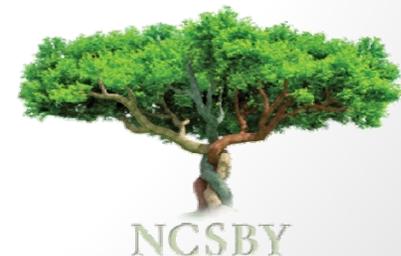
# DIFFERENT PRESENTING CONCERNS



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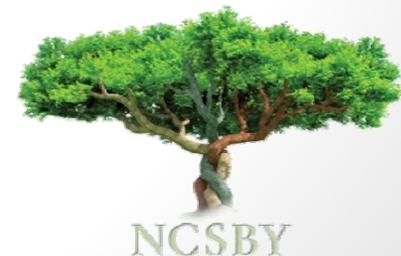
# Disruptive Behaviors

- Not uncommon for children to present with significant disruptive behavior concerns including PSB.
- What are treatment options for this child?
  - Specific PSB-CBT treatment
  - Behavior Parent Training with additional PSB components



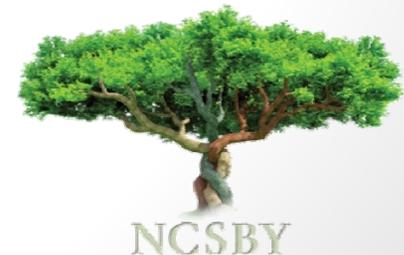
# Disruptive Behaviors: Behavior Parent Training (BPT)

- Primarily work with caregiver and have the caregiver practice skills with the child during and/or between sessions
- Addresses:
  - Positive relationship building skills
  - Contingency reinforcement programs
  - Natural and logical consequences
  - School-home programs
- Well known BPT
  - Parent-Child Interaction Therapy
  - Incredible Years
  - Parent Management Training



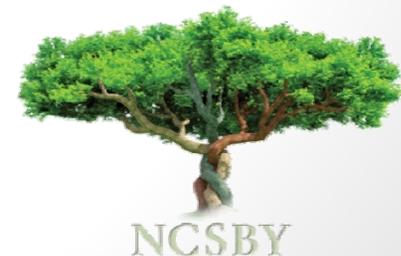
# Disruptive Behaviors: Behavior Parent Training (BPT)

- Additional PSB components to be added to BPT
  - Sexual Behavior/Private Part Rules
  - Abuse prevention
  - Depending on age
    - Sex education – School-age
    - Boundaries – Preschool



# Trauma and Stress Related Disorders

- Also not uncommon for children to present with significant child maltreatment histories/trauma related symptoms including PSB.
- What are treatment options for this child?
  - Specific PSB-CBT treatment
  - Trauma Focused-CBT treatment with PSB components.



# Comparison of TF-CBT & PSB-CBT

Treatment Component	PSB-CBT Unique	PSB-CBT & TF-CBT Common	TF-CBT Unique
Introductions to treatment		✓	
<b>Rules about sexual behavior</b>	Emphasized more	✓	
Emotional regulation skills		✓	
<b>Boundaries</b>	Emphasized more	✓	
Cognitive coping skills		✓	
Relaxation		✓	
Self-control skills		✓	
<b>Sex education</b>		✓	
Social skills		✓	



## Comparison of TF-CBT & PSB-CBT

Treatment Component	PSB-CBT Unique	PSB-CBT & TF-CBT Common	TF-CBT Unique
Acknowledging SBP	✓		
Understanding impact of SBP and making amends	✓		
<b>Identifying risky situations and safety factors for SBP</b>	✓		
<b>Abuse prevention skills</b>		✓	
Education about the impact of sexual abuse and trauma			✓
Trauma narrative			✓
<b>Behavior Parent Training</b>	Emphasized more	✓	
Parent-child relationship and attachment		✓	
Self-concept / self-esteem		✓	



# Questions?



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# PROFESSIONAL RESOURCES

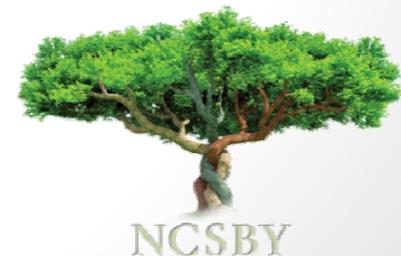


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# National Center on the Sexual Behavior of Youth

- Established in 2001 by OJJDP
- Develop and disseminate information and curricula on adolescent sex offenders and children with sexual behavior problems for multiple disciplines and the public
- Publications page – Fact Sheets on:
  - Child Sexual Development and SBP
  - Myths and Facts about CSBP and AISB

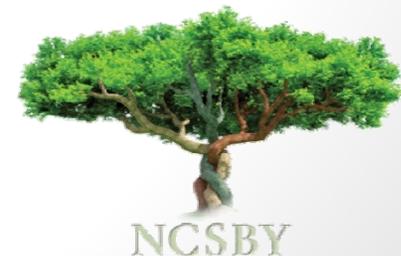
**[www.NCSBY.org](http://www.NCSBY.org)**



# The National Child Traumatic Stress Network

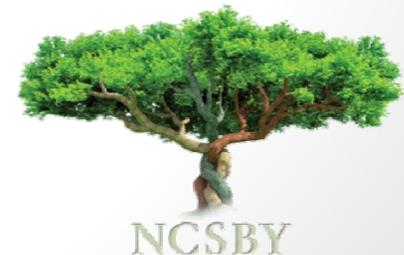
- Mission: to raise the standard of care and improve access to services for children, their families, and communities throughout the United States.
- Funded by SAMHSA
- Publications and other information for parents and caregivers as well as professionals on trauma
- Fact sheets on children with SBP collaboratively developed with NCSBY

**[www.nctsn.org](http://www.nctsn.org)**



# Association for the Treatment of Sexual Abusers

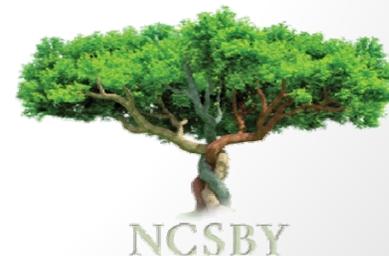
- Foster research, facilitate information exchange, further professional education and provide for the advancement of professional standards and practices in the field of sex offender evaluation and treatment.
- Taskforce Report on Children with Sexual Behavior Problems – <http://www.atsa.com/pubRpt.html>



# Indian Country Child Trauma Center (ICCTC)

- The mission of the ICCTC is to improve treatment and services for Native children and adolescents in Indian Country who have experienced traumatic events. Originally, a member of the National Child Traumatic Stress Network funded by SAMHSA
- Honoring Children, Respectful Ways (CSBP treatment)
  - Adapted by Jane Silovsky, Ph.D., and Lorena Burris, Ph.D.
  - A treatment program for American Indian/Alaska Native children with SBP
  - NCSBY's fact sheets modified for parents

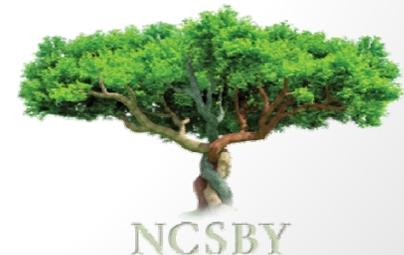
[www.icctc.org](http://www.icctc.org)



# Stop It Now! ®

- Prevents the sexual abuse of children by mobilizing adults, families and communities to take actions that protect children before they are harmed.

<http://www.stopitnow.org/pubs.html>



# Safer Society Booklets

<http://www.safersociety.org/allbks/wp136-wp137.php>



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