## Preventing Sexual Abuse by Adolescents

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## CONTACT

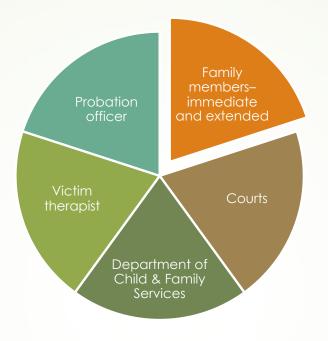
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#### Learning Goals:

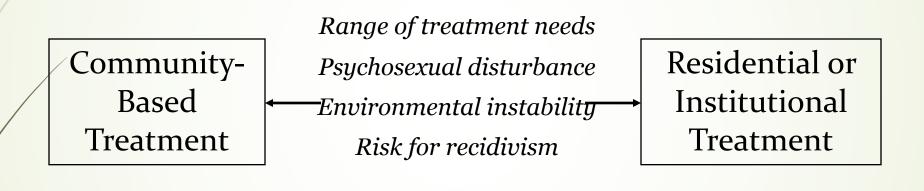
- Recognize the impact of sexual abuse on the family system
- Identify how families can be support for the youth in treatment
- Learn how to engage families in the treatment process
- Discover tools for assessing families and developing treatment plans





Who are the interested stakeholders for this youth?

#### Continuum of Treatment Settings



## Where will the youth live when treatment is completed?



- deviant sexual interest;
- prior criminal sanctions for sexual offending;
- sexual offending against more than one victim;
- sexual offending against a stranger victim;
- social isolation;
- uncompleted offense-specific treatment.

## Empirically Supported Risk Factors:

#### Promising Risk Factors:

problematic parentadolescent relationship; and attitudes supportive of sexual offending.

#### Common Treatment Goals for Youth

Accept	Accept responsibility for behaviors
Identify	Identify contributing factors
Explore	Explore, utilize effective coping strategies
Develop	Develop pro-social skills and competencies
Establish	Establish positive peer relationships
Promote	Promote healthy family functioning

#### Common Treatment Targets for Youth

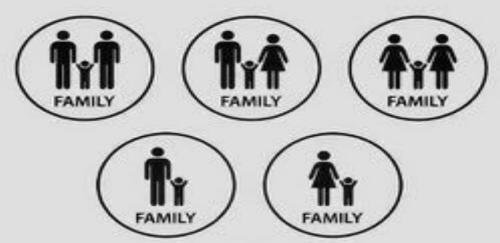
- Responsibility-taking
- Cognitive distortions or thinking errors
- **■**Victim empathy
- Intrapersonal and interpersonal skills
- **■**Sex education

- Relationship skills
- Healthy masculinity
- ► Arousal control
- **■**Trauma resolution
- **►**Family functioning

## Benefits of Family Therapy

What is Family Therapy





Models of Family
Therapy

Virginia Satir: Transformational Systemic Family Therapy

Salvador Minuchin: Structural Family Therapy

Murray Bowen: Family Systems

## Purpose of Family Therapy

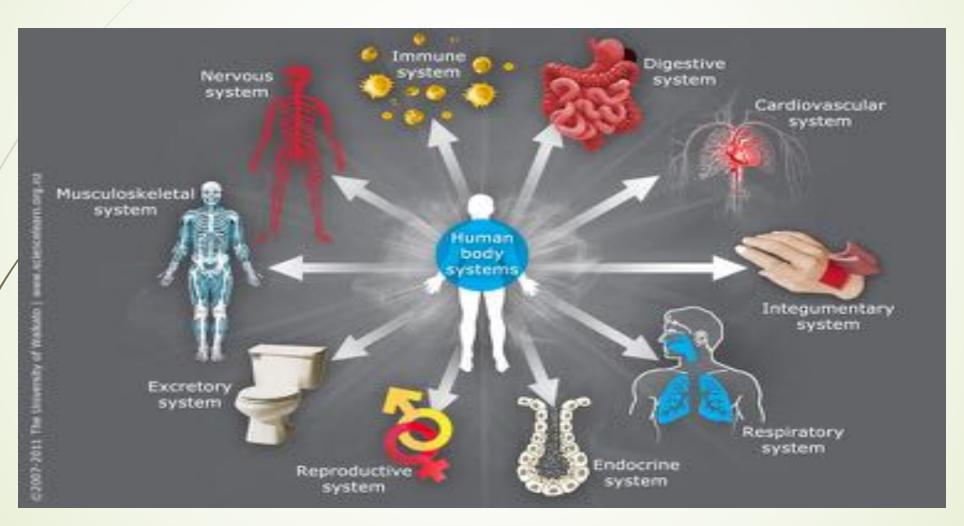
- Help family members improve communication
- Solve family problems
- Understand and handle special family situations
- Create better functioning environment
- Increasing awareness of family dynamics
- Understand situations & beliefs that support or undermine the youth
- Empowering all family members to have a voice



## Understanding the Family

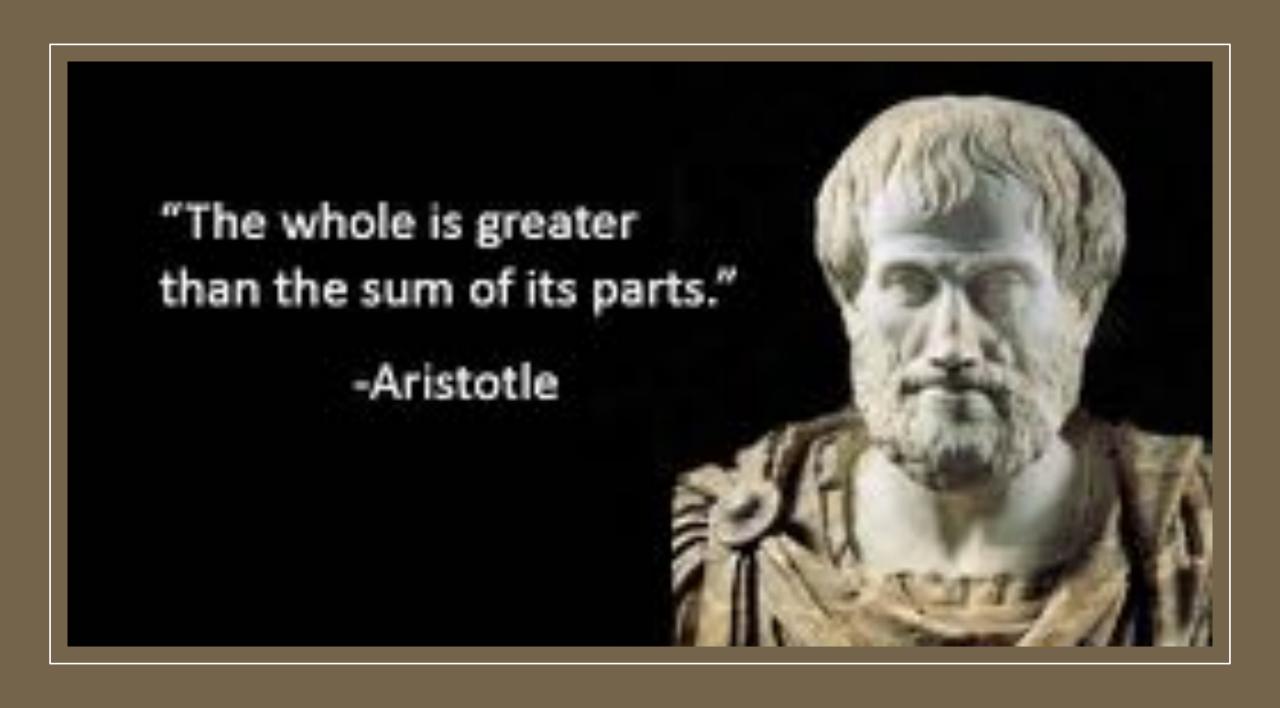
As a System

### Body Systems









What Are the Guiding Principles of Family Therapy?

#### The family is a living organism

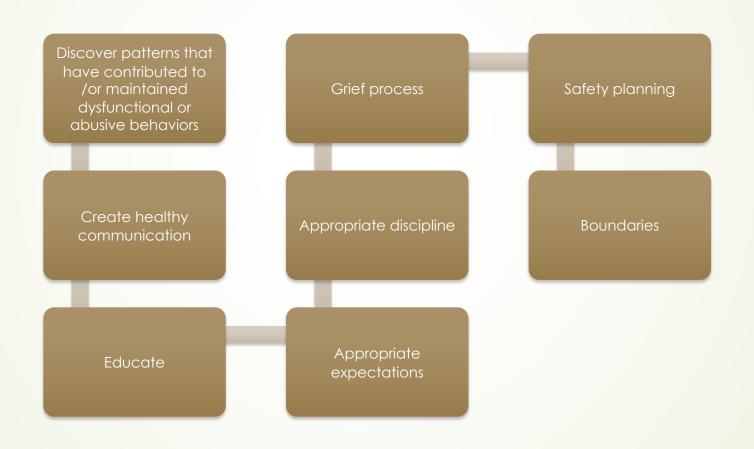
Problems are treated by changing the way the system works

Regards the family as a whole, as the unit of treatment

Emphasizes relationships and communication patterns

Generally short term

#### Reasons to do Family Therapy...



#### Role of the Family Therapist

- Goals:
  - Safety of victim (s)
  - Family dynamics have changed
- Strategies:
  - Family therapy
  - Couples therapy
  - Sibling therapy
  - Extended family therapy
- Tools:
  - Genograms
  - Structural sessions
  - Acknowledgment sessions
  - Model open & honest communication



# A context that enables change requires...

- Instilling hope
- Creating an expectation of change
- Acknowledges the difficulty in achieving change
- Must be positive



#### What do We Know?

- Children and adolescents are still developing
- Adolescence is a period of exploration, high risk, and offers opportunity for positive growth
- Change the harmful to helpful/healthy sexual behaviors
- A healthy environment encourages healthy sexual development and choices



## Characteristics of Family Systems at High Risk for Sibling Incest

- A home environment that fails to protect;
- Poor boundaries with little regard for physical and emotional space or individual needs for privacy;
- Physical or emotional absence of one or both parents;
- Frequent unresolved issues;
- Poor conflict resolutions;
- Poor communication avenues for the children;
- Isolation from the community; and
- •Parent(s)' chemical dependency and/or depression which impairs the adults ability to protect and creates role reversal whereby the children seek to protect and nurture their parents.

#### Change

Change starts when someone sees the next step.~William Drayton~



## Assessment & Evaluation

- Primary Concerns
- Common tools

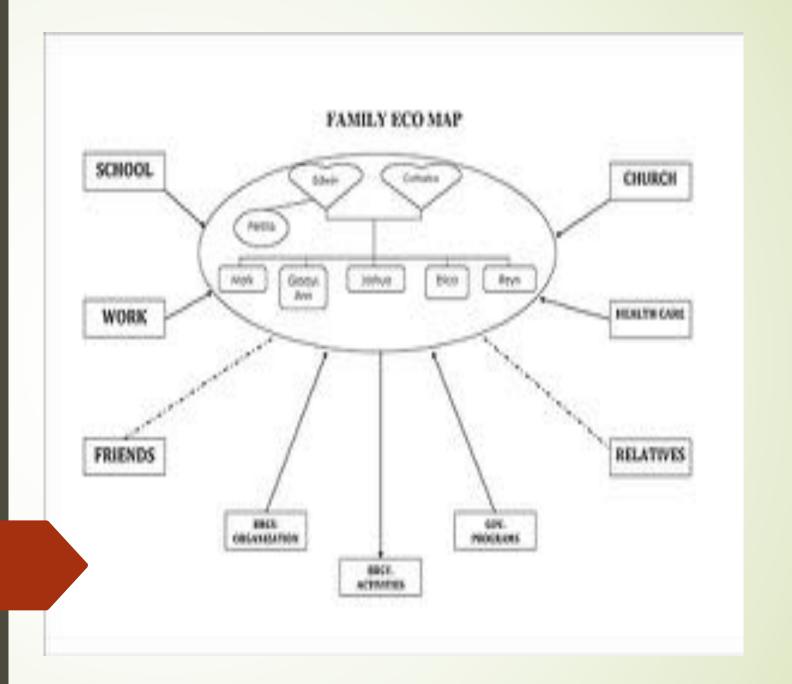


#### Primary Concerns in Assessment & Evaluation

- Conflicting parenting styles
- Isolation
- Internal & external stressors
- Intergenerational sexual or physical abuse

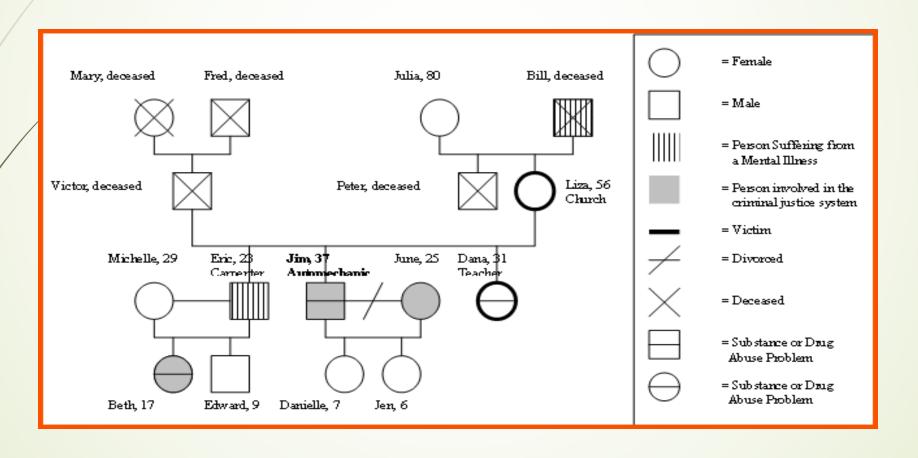
- Unhealthy communication styles
- Emotional deficiency
- Power differentials
- Rigidity

Common Family Assessment Tools



#### Common Family Assessment Tools

#### Genogram



## Overarching Treatment Goals

### Termination of abusive behaviors

Family system vulnerabilities identified

Attend to system and individuals in denial

Developing an agreed upon common language

"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible -- the kind of atmosphere that is found in a nurturing family."

~Virginia Satir~







