



## WHY THE CHANGE?

<https://www.youtube.com/watch?v=aAhA7KfbJgg>



## WHY THE CHANGE?

New standards were approved which required dramatic changes to how we do treatment.

The new standards required the use of the STABLE-2007 in conjunction with the SAPROF to identify treatment need, determine treatment progress and identify risk factors.

Risk factors addressed on the STABLE-2007 include:

- Positive Social Influences
- Capacity for Relationship Stability
- Emotional ID with children
- Hostility toward women
- General social rejection
- Lack of Concern for Others
- Impulsivity
- Poor Problem Solving skills
- Negative emotionality
- Sex drive/sexual preoccupation
- Sex as coping
- Deviant sexual preference
- Cooperation with supervision



## WHY THE CHANGE? (CONT.)

Protective factors addressed on the SAPROF include:

- Intelligence,
- Secure Attachment in Childhood
- Coping
- Self-Control
- Empathy
- Work
- Leisure Activities,
- Medication
- Financial Management
- Motivation for Treatment
- Attitudes Towards Authority
- Life Goals
- Social Network
- Intimate Relationships
- Professional Care
- Living Circumstances
- External Control

(Our hope is that we will eventually be able to use the SAPROF-SO as part of our measure of treatment progress.)



## WHY THE CHANGE? (CONT.)

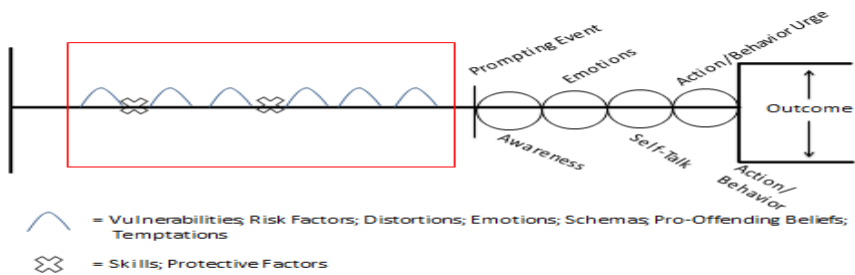
For the adaptive program, the ARMIDILO-S is used. It measures both risk and protective factors including:

- Supervision Compliance
- Treatment Compliance
- Sexual Deviance
- Sexual Preoccupation/Sex Drive
- Offense Management
- Emotional Coping Ability
- Relationships
- Impulsivity
- Substance Abuse
- Mental Health



## PHILOSOPHIES

For SOT-4, we use the concept of Behavior Road.



## “BUMPS” IN THE ROAD

### Vulnerabilities

- What factors made it more likely you would respond to the prompting event?
  - Not enough sleep, headache, unresolved problems from before, etc.

### Risk Factors

- What risk factors are present? How do you know they are present?

### Distortions

- What distortions are you experiencing?

### Emotions

- What emotions are you feeling?

### Schemas

- What lens are you looking through?

### Pro-Offending Beliefs

- What beliefs do you have that supported your offending behavior?

### Temptations

- What temptations do you have?



## WHAT TO DO WITH THE BUMPS?

There are two options to every bump in the road

### Go over the bump

- Skills and Protective Factors
- Use skills to handle/flatten the bump
- Challenge negative thoughts, beliefs, schemas, distortions, etc.
- Utilize protective factors

### Go around the bump

- Ignore, emotions
- Do not challenge thoughts
- Don't use skills

How you decide to handle the bump will affect you and how you continue down the road

- Go around the bump
  - How will it affect you?
- Go over the bump
  - How will it affect you?



## EVENT

**You will experience multiple events throughout the day/your life**

- Think back to thinking cycle

**How you choose to deal with every event will:**

- 1) Depend on how you have dealt with all of the bumps up until the event
- 2) Will affect how you choose to deal with every event that occurs after



## EVENT

### Prompting event

- What happened?
  - Think of camera on the wall

### Awareness

- How alert/attentive are you to the situation?
  - Any risk factors/schemas/beliefs triggered?
  - Any risk present?
  - Acknowledgement of bumps prior to promoting event?

### Emotions

- What were you feeling when the prompting even occurred?
  - Think about surface AND underlying emotions

### Self-Talk

- What did you tell yourself about:
  - The situation
  - Yourself
  - Others

### Action/Behavior Urge

- What do you want to do?
- Acknowledge temptations, etc.
- TEMPTATIONS/URGES ARE **NOT** THE SAME AS BEHAVIOR

### Action/Behavior

- What behavior did you engage in?

### Outcome/Results/Consequences

- What happened as a result of your behavior?
- Did you take the “high road” or the “low road?”



## AFTER THE EVENT

### A new path begins after each event

- New bumps can appear
  - New risk factors come about, new vulnerabilities, stronger emotions, more temptation
- New challenges to the bumps can appear
  - Skills and Protective Factors

### All lead to the next prompting event

- Every previous bump, skill, event will continue to affect the rest of your behavior



## “LOW” AND “HIGH” ROAD

Every unhealthy choice/action leads to the “low” road

Every healthy choice/action leads to the “high” road

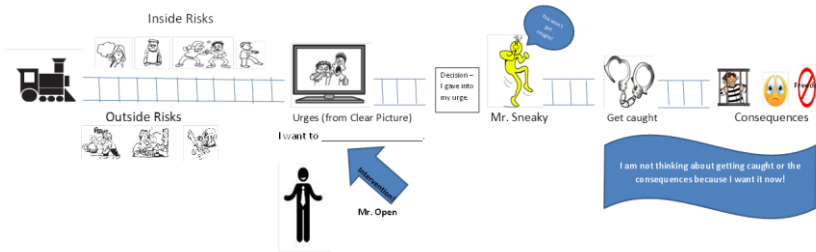
Just because one choice/action leads to a “low” road does NOT mean you have to stay on the “low” road

- And vice versa
- Can choose to make a healthy choice after an unhealthy choice
  - Move back up to a “higher” road
- Roads are not linear



# PHILOSOPHIES

For SOT-4 Adaptive, we use the Risky Train.



## Boarding the train

This is you riding the risky train. You are travelling along the tracks and find yourself in a situation.



# Inside Urges

As you ride the train, notice your thoughts, feelings, urges and fantasies. These are called inside urges because they come from you.



Thoughts



Urges



Feelings



Fantasies



# Outside Urges

As you ride the train, you might also notice some people, places and things. These are called outside urges because they are outside of you.



People



Things



Places





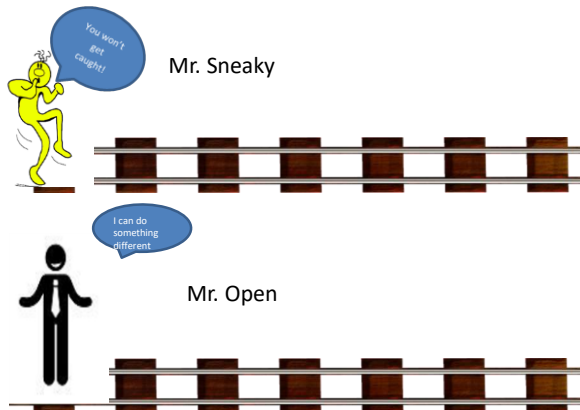
## Identify Urges (from Clear Picture)

I want to \_\_\_\_\_.



## Interventions

This is where you decide if you want to stay on the same track or switch tracks to a different one. In treatment, we will call these interventions.



# Sneaky Track

Mr. Sneaky only shows up once you make the decision to give in to your urge.



I won't get caught.  
 No one will know.  
 I will only do this one time.  
 Screw the program.  
 No one can tell me what to do.  
 It's not my fault!



# Sneaky Track

In order to think about consequences, you need to engage in a negative behavior and get caught. Since this does not always happen, consequences are not strong enough to challenge Mr. Sneaky.



Get caught



Consequences

I am not thinking about getting caught or the consequences because I want it now!

# Open Track

Mr. Open shows up when you make the decision not to give into your urge and chose the healthier track.

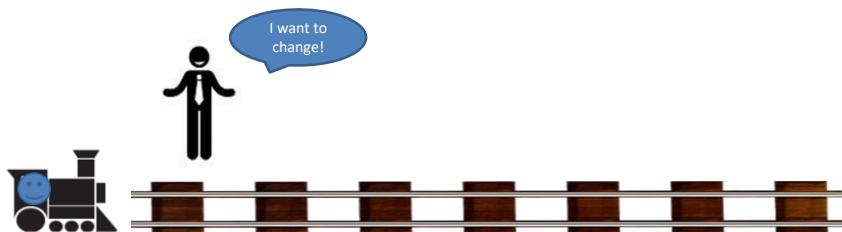


I have other choices.  
 Maybe I am not seeing things correctly.  
 Maybe there is another explanation.  
 I can use some of my treatment skills.  
 I don't have to behave the same the way I did before.  
 Stop!  
 Switch tracks!



# Open Track

In order to switch to the open track, it requires awareness of your thoughts, feelings and urges. It also requires you want to switch to the open track.



## MEET MR. J



- Contact offenses with children
- Lengthy history of viewing child sexually explicit material
- Very motivated for treatment
- Completed old SO-2 treatment in the institution
- No community treatment due to completion in the institution, but recognized he still needed help and asked for it
- Had a job, apartment and car shortly after release



## MR. J'S OLD TREATMENT

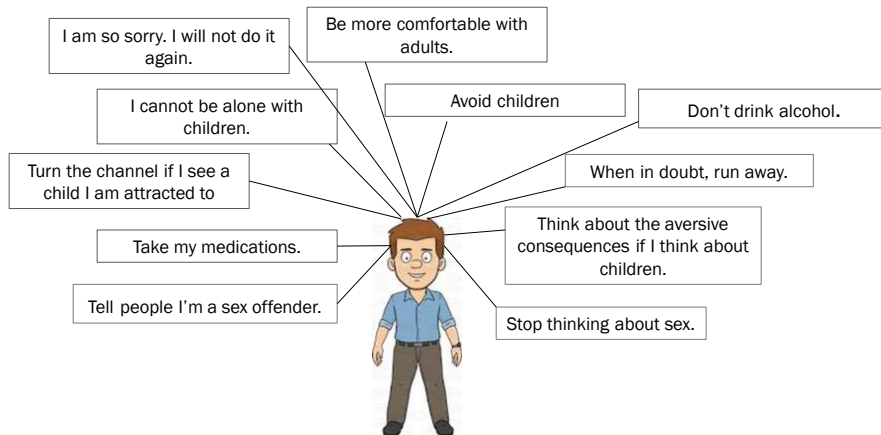


- Avoidance
- Covert conditioning to address deviant sexual interest
- Shut television off when found child attractive
- Passed a polygraph
- Took responsibility for his behavior
- Recognized child sexually explicit material was tempting for him, but did not know how to manage the temptation
- Acknowledged his attraction to children
- His offense disclosure was consistent with available field information





### LESSONS LEARNED FROM OLD PROGRAM



## MR. J'S RISK FACTORS

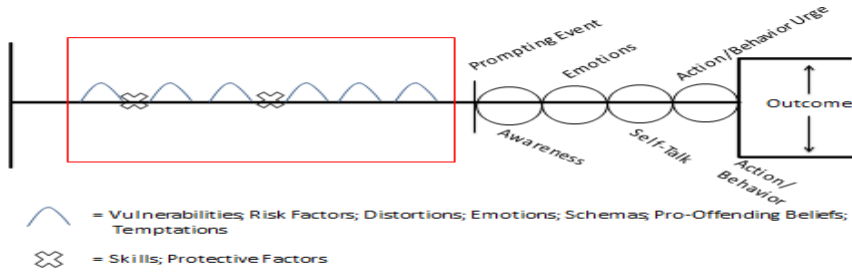


- Felt lonely and rejected due to loss of support system
- Could not pursue his dream of being an educator
- Can come across as critical
- Does not connect well with group members
- Grandiose
- Helping others is important to him, but his delivery is poor so people just think he is telling them what to do.
- Wants interventions that do not require him to interact with others



# NEW PROGRAM

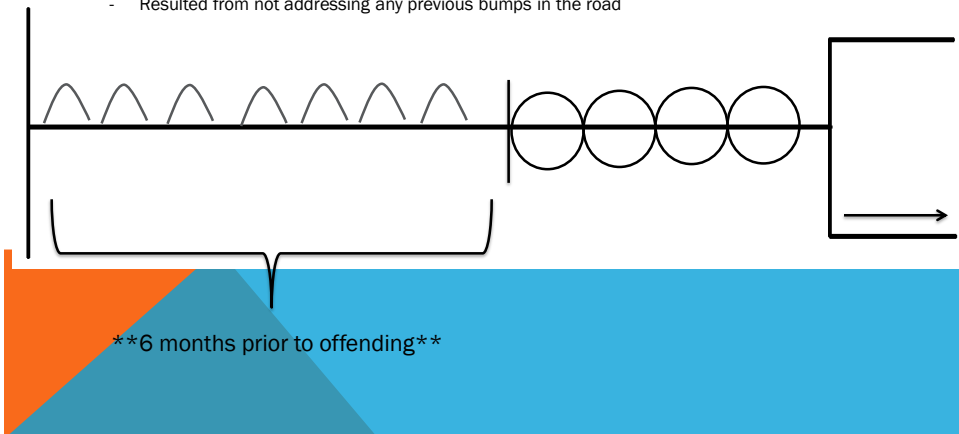
## Mr. J's Behavior Road



## MR. J'S BEHAVIOR ROAD

Key Information:

- 7 bumps in the road
  - Did not address any of them (in a healthy manner)
- The prompting event lead to the action of viewing CSEM
- Took the Low Road
  - Responded to the prompting event in an unhealthy way
  - Resulted from not addressing any previous bumps in the road



## BUMPS IN THE ROAD



### VULNERABILITIES:

- Lack of emotional support
  - Distant from family, close friends, moved away
- Inability to appropriately express emotions
- Excessive use of pornography
  - Lead to fantasizing about children
- Mental health issues



### RISK FACTORS:

- Poor Problem Solving
- Deviant Sexual Attraction
- General Social Rejection/Loneliness
- Negative Emotionality
- Sex as Coping



### EMOTIONS:

- Sad
- Lonely
- Paranoid
- Lost
- Hopeless
- Worthless
- Depressed
- Angry
- Rejected
- Alienated
- Powerless
- Misunderstood
- Resentful
- Discarded
- Hated



### DISTORTIONS:

- The agent doesn't understand me.
- The agent doesn't care about me.
- I am asking for help. I'm entitled to get what I am asking for.
- It's their fault if I reoffend.
- I am worthless/useless.



## BUMPS IN THE ROAD (CONT.)



### SCHEMAS:

- Abandonment/Instability
- Mistrust/Abuse
- Grandiosity



### PRO-OFFENDING BELIEFS:

- I'm not victimizing anybody.
- Me touching the victim didn't hurt them physically.
- I'm teaching them about sex.
- They wanted it.
- It's about relationship, not about sex.
- I'm the rescuer. I'm the hero. I'm rescuing these kids.



### TEMPTATIONS:

- Wanting to view CSEM





## PROMPTING EVENT LEADING TO ACTION

### PROMPTING EVENT:

- Going to a job I don't enjoy



### SELF-TALK:

- I'm not happy at my job.
- I want to teach. My career is ruined.
- I have to cope somehow.
- It's my agent fault I'm doing this.
- If I get some help, I can stop before I get caught.



### AWARENESS:

- Aware that I wanted to look at CSEM
- Aware that I am not happy at my job.
- Aware that I was lonely.



### EMOTIONS:

- Surface:
  - Lonely
- Underlying:
  - Vengeful
  - Angry
  - Rejected
  - Lost



### TEMPTATION/URGE:

- I wanted to view CSEM



## ACTION TO CONSEQUENCE

### ACTION/BEHAVIOR:

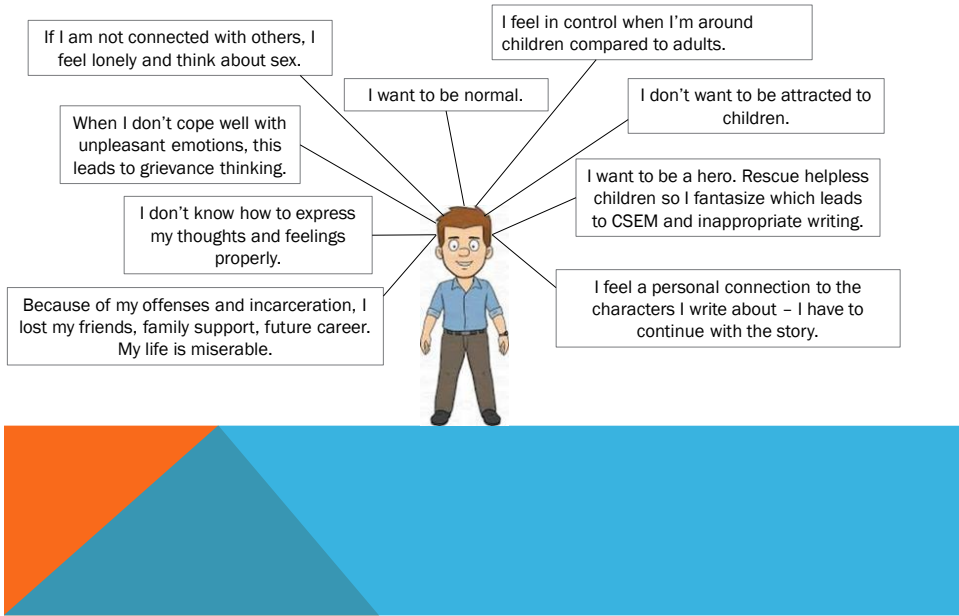
- Viewing CSEM

### CONSEQUENCE:

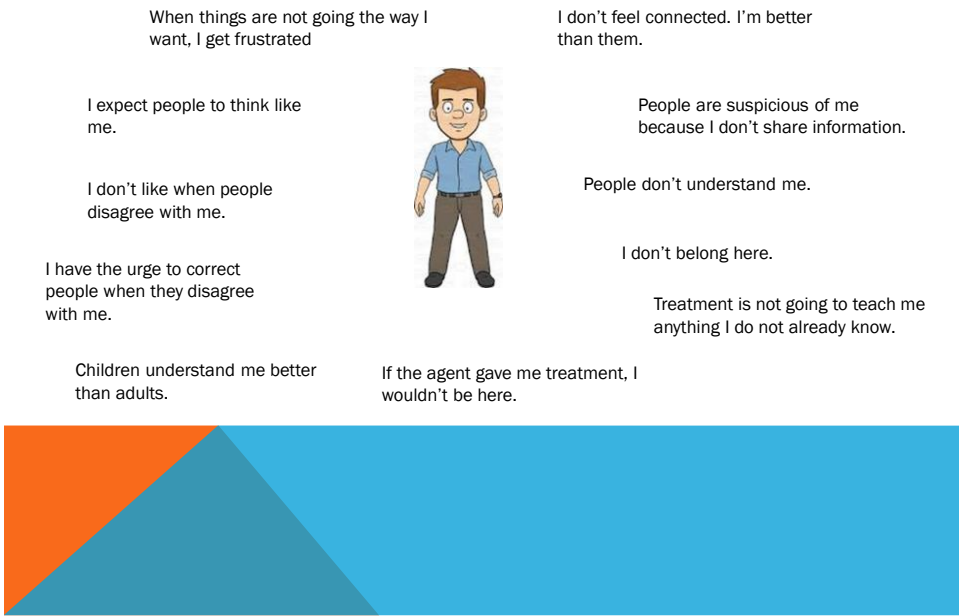
- Low Road
- I have nothing to lose. I already lost a lot.
- I am already looking at so, I may as well keep going.



## LESSONS LEARNED FROM THE NEW PROGRAM



## IDENTIFYING RISK FACTORS IN THE PRESENT



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