#illegalimages

Treating Individuals who View Child Sexual Abuse Media

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

David L. Delmonico, Ph.D., LPC
delmonico@duq.edu
(412) 780-1459

www.internetbehavior.com/so2025
www.internetbehavior.com/healthysexuality

1

Risk/Needs/Responsivity

- Risk/Needs/Responsivity Principles
  - Level of Risk
  - The Intensity of Intervention Matched to Risk
    - The Risk Principle (Andrews and Bonta)
  - Overall individuals with CSAM "only" offenses
    - Lower Risk
    - Less Intensive Treatment
      - Review of 7 Programs **(Seto Online Sexual Offending-2nd Edition, 2025)**
        - 10 to 30 sessions…one outlier of 135 hours or more

2

Risk/Needs/Responsivity

- 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

3

Dynamic Risk Factors

Antisociality

- Antisocial Attitudes/Beliefs
- Lack of Emotional Intimacy
- Lack of Concern for Others
- Poor Problem Solving
- Negative Emotionality
  - Grievance/Hostility
- Negative Social Influences
- Emotional Dysregulation

Sexual Deviance

- Deviant Sexual Interest
- Emotional Congruence with Children
- Hostility Toward Women
- Sexual Preoccupation
- Sex as Coping

4

Treatment Issues

(CSAM Non Production Offenders)

- **Emotional Dysregulation** (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, 2025; Babchishin et al., 2015)
  - Emotional Congruence with Children
- **Online Hypersexuality/Compulsive Sexual Behavior** (Kaplan & First, 2009; Seto, 2013)
  - Sensation Seeking (Ray, Kimonis, & Seto, 2014)
- **Problematic Technology Use** (Quayle, 2003; Beech & Elliott 2009; Ray, et al., 2014; Rimer, 2019, Seto, 2025)
  - Psychology of Technology (Suler,1999; Rimer, 2019)
- **Victim Awareness**
  - Offense Supported Cognitions

(Quayle et al., 2002; Burke et al., 2020; Seto, 2013, 2025; Meridian et al., 2018; Rimer 201

Seto Online Sexual Offending – 2nd Edition (2025)

5

Risk/Needs/Responsivity

- Responsivity – The Forgotten "R"
  - **General Responsivity**
    - Therapeutic Relationship/Alliance
    - Client Motivation/Engagement
  - Specific Responsivity
    - Learning Styles, Abilities, Culture

6

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 mutual goals

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

Feedback Informed Therapy

7

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 a strong therapeutic relationship) is not helpful
  - Beech & Fordham, 1997; Drapeau, 2005; Drapeau et al 2005; Harkins & Beech, 2007; Thornton et al 2000, Marshall 2013
  - Turtles

8

9

Motivation/Engagement (General Responsivity)

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)

10

Risk/Needs/Responsivity

- Responsivity – The Forgotten "R"
  - General Responsivity
    - Therapeutic Relationship/Alliance
    - Client Motivation/Engagement
  - **Specific Responsivity**
    - Learning Styles, Theory, Abilities

11

12

Specific Responsivity

- Imagery
  - Adults can learn without imagery but…
    - retention dramatically increases with imagery
  - Provides Therapeutic Anchors
  - Lowers Resistance/Builds Bridges

13

14

15

Treatment Using Responsivity

- Specific Treatment Exercises/Ideas
  - Clients who offend using child sexual abuse media
  - Our ideas may not fit for you
  - Goal is to think about how can you add responsivity
    - Enhancing the therapeutic relationship
    - Enhancing client motivation and engagement
    - Integrating the Learning Style Model
    - Using Imagery

16

Setting the Foundation

17

Setting the Foundation

- Trained Seals
- The Attorney
- The Seven Desires

18

19

20

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"

21

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

22

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

23

24

Setting the Foundation with Mindfulness

25

Foundations

- 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).

26

Foundations

➨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)

27

Foundations

➨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.**

28

Treatment Issues

(CSAM Non Production Offenders)

- **Emotional Dysregulation** (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, 2025; Babchishin et al., 2015)
  - Emotional Congruence with Children
- **Online Hypersexuality/Compulsive Sexual Behavior** (Kaplan & First, 2009; Seto, 2013)
  - Sensation Seeking (Ray, Kimonis, & Seto, 2014)
- **Problematic Technology Use** (Quayle, 2003; Beech & Elliott 2009; Ray, et al., 2014; Rimer, 2019, Seto, 2025)
  - Psychology of Technology (Suler,1999; Rimer, 2019)
- **Victim Awareness**
  - Offense Supported Cognitions

(Quayle et al., 2002; Burke et al., 2020; Seto, 2013, 2025; Meridian et al., 2018; Rimer 201

Seto Online Sexual Offending – 2nd Edition (2025)

29

Foundations

- Mindfulness/Meditation
  - Part of the "third wave" of CBT**
  - http://palousemindfulness.com
  - 10% Happier
  - The Buddha's Brain/Just One Thing
  - Sitting Still Like a Frog
  - Mindfullness In Real Life
    - https://www.mindfulnessirl.com

30

Treatment Issues

- *Emotional Regulation*
- Intimacy Skills
- Deviant Arousal
- Out of Control Sexual Behavior
- Technology Use
- Victim Awareness

31

Emotional Regulation

- Recognizing Emotions
  - How We Feel (App)(Free)
- Internal Weather Map
- Your Inner Critter**
  - Representing Your Emotional Life/Style of Relating
- Emotional Regulator

32

Emotional Regulator

- Gas Grills
- Learning to regulate the intensity of your emotions
- Ok Smokey…Kick in the Emotional Regulator
  - Breathing/Mindfulness/Imagery/Tapping/Other?
  - How We Feel App
- Practice in the moment
  - Starting and Ending Therapy
- Practice, Practice, and Practice

33

Intimacy

- IntoMeSee
  - Green - Specific Intimacy Skills You Have
  - Orange – Specific Intimacy Skills You are Developing
  - Red – Specific Intimacy Skills You Need to Develop

34

35

Fun & Games

- Intimacy Skills
  - 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

36

Therapy Games by Alana Jones

- **Apples to Apples**
- Handout three of the red game cards to each person in the group
- Participants take turns telling a story about themselves that contains the words on the cards
- The story can be no longer than two to three minutes.
- After everyone is finished their story, have participants answer the questions below.
  - How did it feel to be in front of the group sharing something about yourself?
  - Did you feel vulnerable? Did you feel unsure of yourself?
  - Did you feel like the other group members were supportive?
  - Did you really listen to group member's stories?

37

Sexuality

- Talking about Sexuality/Knowing The Basics
  - Desensitization
    - The word "deviant"
    - "It's a Penis" YouTube Song
      - https://www.youtube.com/watch?v=fhk62stQIcA
  - Knowing the Basics - Sex Jeopardy**
- Defining Healthy Sexuality
- Understanding Your Sexuality

38

Sexuality

- Talking about Sexuality/Knowing The Basics
- Defining Healthy Sexuality**
- Understanding Your Sexuality

39

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 that healthy sexuality is important

40

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

41

Models of Sexual Health

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

42

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)

43

Models of Sexual Health

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

44

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)

45

46

Creating a Model of Sexual Health

- 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

47

48

49

50

Arousal Management

- Efficacy
  - What Does Research Tell Us
    - Interventions for Pedohebephilic Arousal…. McPhail & Olver (2020)….Metaanalysis
  - However Dependent on…
    - Client Motivation/Awareness
    - Clinician Motivation/Understanding
  - Ballenger Presentation

51

Out of Control Sexual Behavior

- Pornography Literacy
- Attack Plan

52

Pornography Literacy

- Concept based on the belief that….
  - Many individuals will view adult pornography so
    - Need to make an 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?

53

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

54

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.

55

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)

56

Considerations

- Always "No" Scenarios
  - High Risk
  - Hypersexual/Sexually Compulsive
    - History of Many Paraphilic Interests
  - Antisocial
    - Impulsive/Angry
    - Cognitive Distortions Related to Sex

57

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

58

Guidelines

- No Online Pornography Use
  - Books/DVDs
- Check in Weekly with Therapist
- Check in with Probation at Each Visit
- Polygraphs

59

Guidelines

- Must Complete a Healthy Sexuality Plan
- Must Complete Pornography Decision Matrix**
- Must Complete Pornography Use Plan
- Must Complete Pornography Log

60

Decision Matrix

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

Decision to Look at Pornography _____ **Decision to Not Look at Pornography**_____

61

Attack Plan for Out of Control Sexual Behavior

- Medication
- Weekly Meetings
  - "S" Mtgs/Faith Based
  - Don't throw baby out with bathwater
- Mindfulness Activities
  - Urge Surfing**
- Accountability/Support People

62

63

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

64

Problematic Technology Use

- Psychology of Technology
- Technology Health Plan

65

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

66

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

67

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)

68

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, 2025; 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)

69

Technology Health Plan

70

71

Victim Awareness

- Psychology of Technology**
- Facing the Truth
  - Victim Impact Letter
  - CCRC Article
  - Jenga
- The Ripple Effect

72

Victim Awareness (Rimer, 2017, 2019)

- Creating Awareness of Online Environment
  - 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
  - Individuals Can Hold Both Simultaneously

73

Victim Awareness – Jenga Style

1. 3 ways children are harmed by child sexual abuse media?
2. What are your cognitive distortions about children in CSAM?
3. What were your feelings as you read the victim impact letter?
4. What did you learn from reading the CCRC article?
5. What is your plan for remembering that in child sexual abuse media, children are real and are being harmed?

74

Impact To
Children in CSAM
Your Immediate Family
Close Friends and Others Who Care About You
Your Job. Co-Workers/Acquaintances
Community

75

#illegalimages

Treating Individuals who View Child Sexual Abuse Media

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

David L. Delmonico, Ph.D., LPC
delmonico@duq.edu
(412) 780-1459

www.internetbehavior.com/so2025
www.internetbehavior.com/healthysexuality

76