

#digitaldeviance


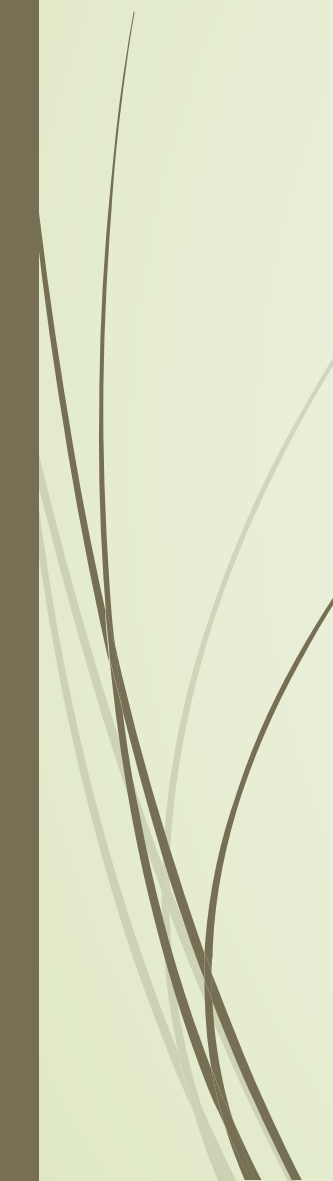
Trending Topics in the Treatment and Management of Online Sex Offense Behavior



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

www.internetbehavior.com/so2025

Online Sexual Offending (Seto, 2013)

- 
- 
- Online sexual offending is another version of a contact sexual offense
 - Online sexual offending is a new form of sexual offending that requires the development of new explanatory models
 - Online sexual offending is the result of factors associated with problematic internet/technology use
 - Online sexual offending is the result of factors associated with sexual compulsivity/hypersexuality (Seto, 2013)



What's In a Name

- ➡ Child Pornography
- ➡ Child Sexual Exploitation Material
- ➡ Child Sexual Abuse Images
- ➡ Child Sexual Abuse Media

Terminology

- Pedophilia
 - Prepubescent (Exclusive/Non-exclusive)
- Hebephilia
 - Pubescent/Starting Sexual Maturity
- Ephebophilia
 - Sexually Mature Body, but underage
- Teleiophilia
 - Post Pubescent / Sexually Mature Body

Risk Principle

- ➡ High Risk = High Intensity Consequences/Treatment
- ➡ Low Risk = Low Intensity Consequences/Treatment
- ➡ The risk for recidivism increases...
if the risk principle is not followed



Dynamic Risk Factors of Offline Sexual Offending

ANTISOCIALITY

- Criminal Attitudes/Beliefs
- Relationship Instability
- General Social Rejection
- Lack of Concern for Others
- Impulsivity
- Poor Problem Solving
- Negative Emotionality
- Negative Social Influences

SEXUAL DEVIANCE

- Deviant Sexual Interest
- Emotional Congruence w/Children
- Hostility Toward Women
- Sexual Drive and Preoccupation
- Sexualized Coping

Treatment Issues

(CSAM 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)
- **Deviant Arousal** (Beech & Elliott 2009, Seto et al., 2006; Seto, 2013; Babchishin et al., 2015)
- **Online Hypersexuality** (Kaplan & First, 2009; Seto, 2013)
- **Problematic Internet Use** (Quayle et al., 2003; Beech & Elliott 2009; Ray, Kimois, & Seto, 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)



Risk/Needs/Responsivity

- Risk/Needs/Responsivity Principles
 - Level of Risk
 - The Risk Principle
 - Factors (Needs) that Lead to Offending
 - Changed through interventions, and when changed, are associated with changes in risk and recidivism.
 - Responsivity
 - Relationship/Learning Styles/Engagement















Popular SO Technologies

- ➡ Peer to Peer / Torrents
- ➡ Messenger Apps
- ➡ Livestreaming
- ➡ Gaming (consoles / PC)
- ➡ Artificial Intelligence (AI)
- ➡ TOR / Cloud Storage

torrent

Apps

 <p>1. µTorrent® Beta - Torrent BitTorrent, Inc. FREE</p>	 <p>2. BitTorrent® - Torrent App BitTorrent, Inc. FREE</p>	 <p>3. tTorrent Lite - Torrent Client tagsoft FREE</p>	 <p>4. aTorrent - Torrent Mobilityflow Torrents FREE</p>	 <p>5. tTorrent Pro - Torrent Client 3D Magic LLC. US\$0,99</p>	 <p>6. aDownloader - torrent Ansha Team FREE</p>
 <p>7. aTorrent PRO - Torrent App Mobilityflow Torrents US\$4,95</p>	 <p>8. BitTorrent® Pro - Torrent BitTorrent, Inc. US\$2,99</p>	 <p>9. Torrent Search (In Vs FREE</p>	 <p>10. SmartTorrent - Torrent Client Nopus US\$2,90</p>	 <p>11. Torrent Tracker TorrentTracker FREE</p>	 <p>12. Swarm Torrent Client Matt Munday US\$4,00</p>

7:15

Messenger / Bulletin Board Apps

➤ Kik

➤ WhatsApp

➤ Telegram

➤ WeChat

➤ SnapChat

➤ Fetlife

➤ Signal

➤ Line

➤ Viber

➤ Messenger

➤ Discord

➤ Messenger for Gamers



Messenger / Bulletin Board Apps

➤ Kik

➤ WhatsApp

➤ Telegram

➤ WeChat

➤ SnapChat

➤ Fetlife

➤ Signal

➤ Line

➤ Viber

➤ Messenger

➤ Discord

➤ Messenger for Gamers



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

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

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)

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)

Why Do People View Child Sexual Abuse Media

(Beech et al., 2009; Marshall et al., 2012; Seto 2013; Steely et al., 2018; Knack et al., 2019)

Accidental

Pedophilic/Hebephilic

Anxious, Depressed

Hypersexuality

Antisociality

Autism Spectrum Disorder

Intellectual / Developmental

Lack of Victim Awareness

Curious

Attraction to Innocence

Bored, Loneliness

Sensation Seeking/Thrill Seeking

Substance Addiction

OCD/ Hoarding

Intimacy/Sexual Deficits

Problematic Technology Use

Livestreaming

➤ Chaturbate (stripchat, jerkmate, flirt4free)

➤ YouNow! (non-sexual)

➤ Twitch (for gamers)

➤ Zoom

➤ **Chatspin**/Chat Roulette

➤ Facebook / Instagram / Kik Live

➤ Oovoo / Skype

➤ BeReal



Two Major Questions

Do CSAM Offenders have
histories of contact offenses?

Are CSAM Offenders likely to have
a contact offense in the future?

Contact Offense History Among CSAI Offenders

Butner Study (Bourke & Hernandez, 2008)	80% (n=155)
Bourke Study (Bourke, et. al., 2014)	58% (n=127)
Dutch Sample (Buschman, 2007)	44% (n=43)
CAMH Sexology (Seto, 2006)	43% (n=100)
FBI Study (Owens, Eakin, Hoffer, Muirhead, Sheldon, 2016)	38% (n=251)
Police Cases (Eke, et. al, 2011)	30% (n=541)
Ontario Sex Offender (Seto, 2006)	24% (n=201)
NJOV study (Wolak, et. al., 2003)	10% (n=630)
New Zealand (Sullivan, 2005)	7% (n=202)

Average = 39.5%



2021 U.S. Sentencing Commission Report CP Non-Production Offenses (N=1340)

- 20.8% previously convicted of a sex offense
- 11.9% convicted of prior non-production CP
- 9.9% convicted of prior contact sex offense
- 2.6% convicted of prior non-contact sex offense such as enticement or solicitation of a minor
- 0.4% convicted of prior production of CP

Risk for Sexual Recidivism

- CSAM Internet Offenders
 - A contact sex offense – 2% (Seto & Eke, 2010)
 - A new CP Charge - 5% (Seto & Eke, 2010)
 - A contact sex offense 2.7%13 years (Elliott, 2019)
 - US Federal Bureau of Prisons 5.7% (Faust, 2009)
- Prior/concurrent violent/contact sexual offense significantly more likely to be reported for a sexual re-offense (Eke et al., 2011)

2021 U.S. Sentencing Commission Report

CP Non-Production Offenses

- ➡ 1,093 Non-Production CSAM Offenders
 - ➡ 27.6% Recidivism Rate
 - ➡ 16.0% General Criminal Recidivism (No SO)
 - ➡ 4.3 % Sexual Recidivism
 - ➡ 7.3 % Failing to Register as a Sex Offender

2012 U.S. Sentencing Commission Report

- The content of an offender's child pornography collection and the nature of an offender's collecting behavior (in terms of volume, the types of sexual conduct depicted in the images, the age of the victims depicted, and the extent to which an offender has organized, maintained, and protected his collection over time, including through the use of sophisticated technologies);
- The degree of an offender's involvement with other offenders — in particular, in an Internet "community" devoted to child pornography and child sexual exploitation; and
- Whether an offender has a history of engaging in sexually abusive, exploitative, or predatory conduct in addition to his child pornography offense.

2021 U.S. Sentencing Commission Report

CP Non-Production Offenses

- In fiscal year 2019, non-production child pornography offenses involved a median number of 4,265 images, with some offenders possessing and distributing millions of images and videos.
- Over half (52.2%) of non-production child pornography offenses in fiscal year 2019 included images or videos of infants or toddlers, and nearly every offense (99.4%) included prepubescent victims.
- In 2019, 84% of non-production child pornography offenses involved sadistic or masochistic conduct of an infant or toddler.

2012 U.S. Sentencing Commission Report

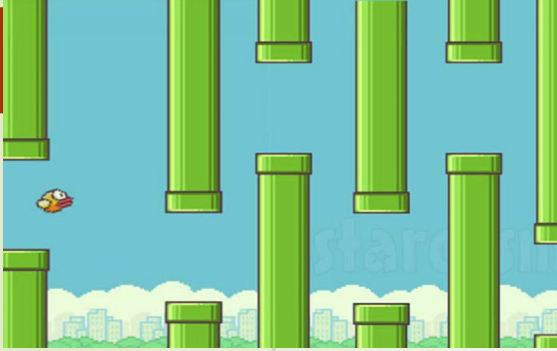
- The content of an offender's child pornography collection and the nature of an offender's collecting behavior (in terms of volume, the types of sexual conduct depicted in the images, the age of the victims depicted, and the extent to which an offender has organized, maintained, and protected his collection over time, including through the use of sophisticated technologies);
- **The degree of an offender's involvement with other offenders — in particular, in an Internet “community” devoted to child pornography and child sexual exploitation; and**
- Whether an offender has a history of engaging in sexually abusive, exploitative, or predatory conduct in addition to his child pornography offense.

2021 U.S. Sentencing Commission Report CP Non-Production Offenses

- The Commission cautioned that while the culpability of offenders may be affected by their degree of participation in online child pornography communities and their use of sophisticated technology to share child pornography....existing social science research was inconclusive regarding whether an offender's degree of community involvement was associated with an increased risk of committing other sex offenses.

2012 U.S. Sentencing Commission Report

- The content of an offender's child pornography collection and the nature of an offender's collecting behavior (in terms of volume, the types of sexual conduct depicted in the images, the age of the victims depicted, and the extent to which an offender has organized, maintained, and protected his collection over time, including through the use of sophisticated technologies);
- The degree of an offender's involvement with other offenders — in particular, in an Internet "community" devoted to child pornography and child sexual exploitation; and
- **Whether an offender has a history of engaging in sexually abusive, exploitative, or predatory conduct in addition to his child pornography offense.**



What is a game?

McGonigal (2011)



- A Goal
- Rules
- A Feedback System
- Voluntary Participation
 - Golf Example

- People play games for very different reasons.
 - Wish Fulfillment
 - Immersive Experiences
 - Socialization / Interaction
 - Challenge
 - Psychological Relief
 - It's important to ask, "why do you game?" or "What do you get out of gaming?"

Technology ...

- 43% of US adults say they often or sometimes game
- Almost all U.S. Teens Use the Internet Daily
- 46% say they are “Constantly Connected”
- 95% of U.S. Teens have Smartphones
- Only 50% are comfortable with their time spent online
- 33% identify their gaming behavior as “excessive”



What does the research tell us?

- Gaming and mental health
 - Casual: Improve Mood & Stress reduction (Russoniello et al., 2009)
 - Reduce anxiety and depressive symptoms (Vatansever et al., 2021; Kowal et al., 2021)
 - Respite from chaotic family and peer stressors (Coyne et al., 2023)
 - Binge gaming -> major depression / social anxiety (Marmet et al., 2023)
- Gaming and violence
 - NOT a causal relationship
 - Individual risk factors matter (Coyne et al., 2023)



COMMON CATEGORIES OF GAMES

- Action/Adventure
- Shooters - First Person Shooters, or Third Person/Loot Shooters
- Role Playing Games (RPGs)
- Fighting
- Sports/Racing
- Survival Horror

- Simulation
- Strategy
- Massively Multiplayer Online Role Playing Games (MMORPG)
- OpenWorld/Sandbox
- Rhythm

Pedophile Island (Roblox)

- Roblox

- Can create your own games (Sandbox)

- Play your games with others

- Targeted to younger children (Tweens)

- however lots of adults there playing games

Grooming Process

Friendship Forming Phase

Finding common interests and attitudes

Relationship Forming Phase

Connecting, Complimenting, Amazon Wish List

Risk Assessment Phase

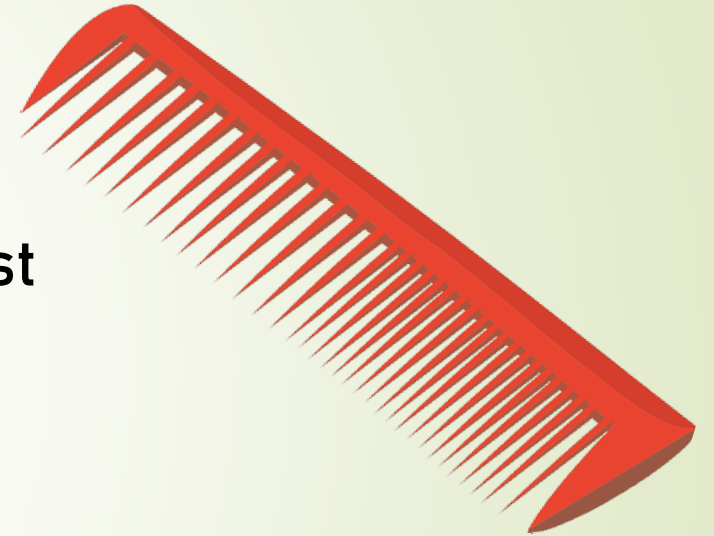
What can I get away with? Will they tell?

Exclusivity Phase

Isolate, Support, Creating pseudo-intimacy, messenger apps
Sending \$\$\$, cell phones, gifts *"You owe me!"*

Sexual Phase

I care about you...I love you...you're special...what's the big deal?



Benefits of Gaming

- Gaming provides scaffolding for socialization
- Immediate Relationship Building
 - Gamers speak common language
 - Easily build bonds with one another IRL (In Real Life)
- Increases creativity
- Improves understanding of failure, losing, and practice
- Increases frustration tolerance/Decreases impulsivity

INTERVIEWING BASICS

No matter how good you are.

No matter how experienced you are.

No matter what theory or technique you use.

No matter what interview protocol you employ.

No matter how many degrees, licenses, or certificates you have.

Your interview will fail without....

R A P P O R T ! !

-to help someone re-tell their story.

INTERVIEWING BASICS

- Build Rapport with your Interviewee
 - First Impressions Matter
 - Neutral, non-threatening, non-judgmental, calm tone.
 - Acknowledge Discomfort
 - Give away some control





LIFE
EGG

RESPONSIVITY



INTERVIEWING BASICS

- ➡ Assessing Sexual Deviance
 - ➡ Paraphilias are common and can be addressed (normalize)
 - ➡ Recognize their embarrassment and shame

INTERVIEWING BASICS

- Normalize Resistance
 - Shame reduction
 - Interview vs. Interrogation

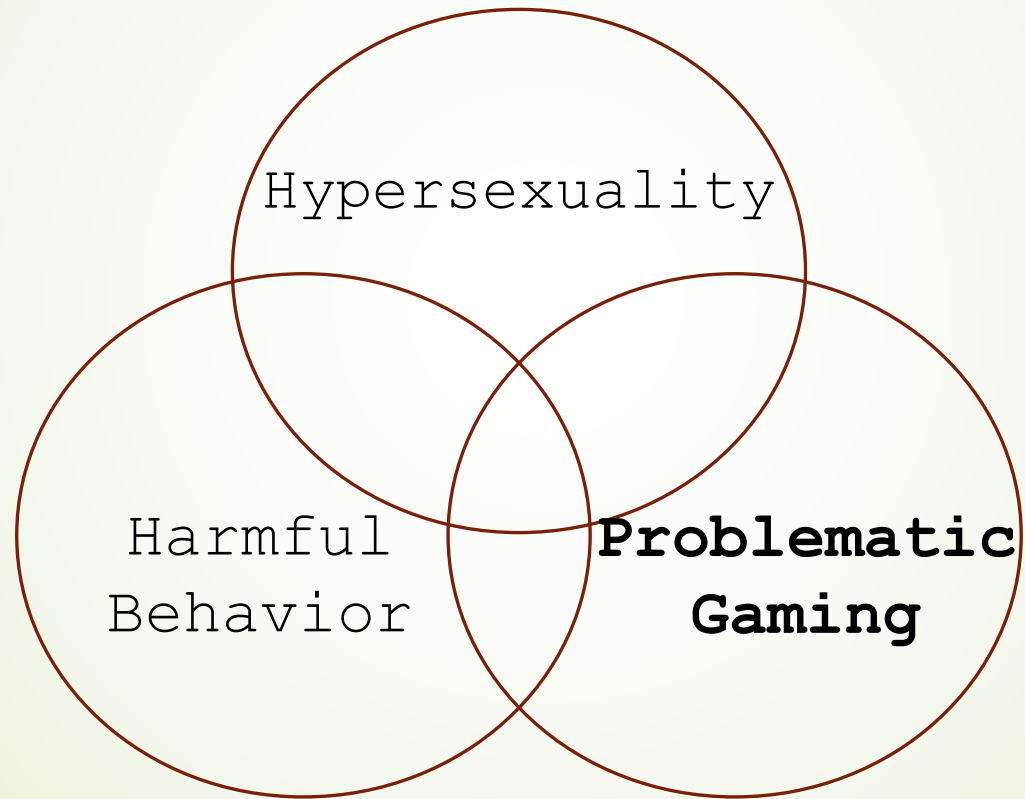




EXAMINING YOUR RESISTANCE

- Counter-Transference
- Recapitulation of the Family
- Trauma Response
- Vicarious Trauma
 - Voyeurism

Assessment Considerations





Problematic Gaming Co-Occurring Disorders

- Autism Spectrum Disorder
- Attention Deficit (Hyperactivity) Disorder
- Depression
- Anxiety (OCD)
- Loneliness / Boredom
- Oppositional Issues
- Addictive Tendencies (Substance or Otherwise)
- Hypersexuality



INTERNET GAMING DISORDER

At least five (5) of the following nine (9) symptoms over a twelve-month period:

- (1) preoccupation with videogames;
- (2) experiencing unpleasant symptoms when not playing videogames
- (3) the need to spend an increased amount of time involved in video games;
- (4) failed attempts to control participation in videogames;
- (5) losing interest in past hobbies and entertainment as a result of, and with the exception of, videogames;



INTERNET GAMING DISORDER (con't)

- (6) continue to use videogames despite having knowledge of psychosocial problems;
- (7) deceiving family members, therapists or others regarding the number of videogames;
- (8) using videogames to escape or eliminate negative feelings; and,
- (9) harm or loss of relationships, work, or education or significant career opportunities because of participation with videogames.


Problematic Assessment of Gaming



<https://tinyurl.com/gamerprob>

Why a Gaming Assessment

- No formal assessment tool exists for what is a massive culture
- Counselors' attitudes vary towards gamers, as does their familiarity with the culture
(Ferguson, 2015)
- Counseling is a professional relationship . . .
 - In order to build our professional relationship, we need to know about our clients.
 - Many counselors are not familiar with the Gamer culture.
 - Clients have expressed that they feel invalidated or have turned away from mental health treatment as a result of professionals disregarding their gaming side.



Gamer Assessment Tool

- First page is basic info...second page is...
 - Topics include play style, preferred genres of games, and specific favorite games, as well as why these are preferred.
 - A section is included for the client to share any other important information
- The final pages are the actual assessment tool
 - This is broken into sections as described above, and questions are scored using a five point Likert Scale



Spirit of the Assessment

- Normative Data not available at this time
 - The goal is to gather data as counselors begin to use the assessment
- Provide a tool to help non-gamer native counselors begin to find relevant connections with their gamer clients
- Assess areas that may be useful for counseling interventions
- Assess potential at risk areas for treatment planning purposes
- Allow clients to feel safe and supported



ASSESSMENT

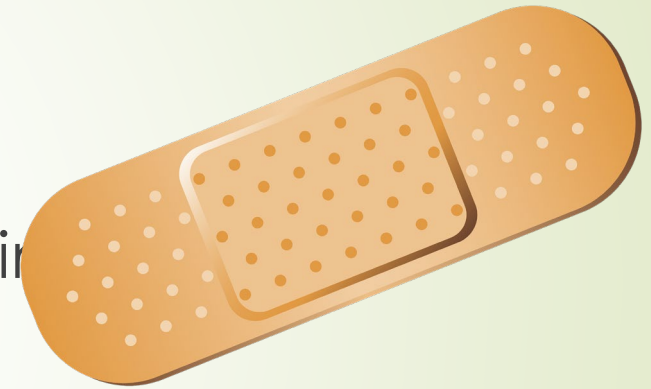
- Computer and Technology Use Questionnaire
 - Computers/Cell Phones/Gaming Systems
 - Social Media Info
 - Important for Probation and Treatment Provider

Developed by Rick Parsons/Nick Honyara

www.internetbehavior.com/gaming2024

PROTECTIVE FACTORS

- Healthy Sexual Interests
- Capacity for Emotional Intimacy
- Constructive Social/Professional Support
- Goal Directed Living/Good Problem Solving
- Engaged in Constructive Leisure
- Sobriety from Substances
- Hopeful, Optimistic, and Motivated Attitude



(de Vries, Mann, Maruna, and Thornton, 2015)

Staying Current in the Field

- Keep Questions Fresh & Updated
- Technology
 - Terminology
 - Google Alerts
- Research



Assessment Non Technology Related

- Psychological Testing and Assessment
 - Addictive Disorders
 - Anxiety/Depression
 - Obsessive Compulsive Disorder
 - ADHD/ADD
 - Autism Spectrum Disorder (AQ-10, RAADS)
 - Posttraumatic Stress Disorder (TSI-2)
 - Antisocial Traits/Personality Disorder
 - Schizophrenia/Schizotypal

Offline/Online Sexual Compulsivity Assessment

- Screening Offline Hypersexuality/Sexual Compulsivity/Sex Addiction
 - Sexual Addiction Screening Test (SAST) (Carnes)
 - Sexual Dependency Inventory (SDI) (Carnes)
 - Sexual Behavior Inventory (SBI) (Garos)
 - Hypersexual Behavior Inventory (HBI) (Reid, et al.)
 - Pornography Consumption Inventory (PCI) (Reid, et al.)
 - Hypersexual Behavior Consequences Scale (HBCS) (Reid, et al.)
- Internet Sex Screening Text

Forensic Evidence

- Forensic Report/Descriptions
- Child Abuse Material Inventory (CAMI)
(Parsons, Honyara, Delmonico, & Griffin 2013)
 - Focused on Forensic Evidence
 - Developed Based on 2012 Research – Process of Revising
 - **Boys versus Girls**/Larger versus Smaller Collections
 - More Extreme Pornography/**Smaller Age Range versus Larger Age Range**

Pornography Factors Associated Contact Offending (McManus, Long, Alison and Almond 2015)

- Contact Offenders (n=120)
 - Smaller age range of images
- Non-Contact Offenders (n=124)
 - More likely to possess extreme pornography
 - Larger collections with larger age range of victim

Risk Assessments

- Static-99R/Static 2002R
 - Cannot be used as reliable instruments for predicting sexual recidivism with CSAM possession/viewing only offenders
 - Typically over estimates risk (stranger/unrelated)
 - Not normed for Internet offenders of any type however...
 - Solicitation Offenders (Sting Offenders?)
 - Production Offenders

Physiological Assessment

- Lie Detection
 - Polygraph/Eye Detect/VerifEYE
 - Past History of Contact Offenses
 - Most helpful for teaching people how to be truthful

- Sexual Interest
 - Abel/Affinity/LOOK

- Sexual Arousal
 - PPG (Limestone/Monarch)

Risk Assessments

- Modified Risk Matrix 2000
 - Scores on the modified version were a significant predictor of sexual recidivism for online offender (Wakeling et al., 2011)
 - After 1 year 2.1%/After 2 years 3.1%

Child Pornography Offender Risk Tool (CPORT)

(Eke and Seto 2015)

- Offender age at time of the index investigation
- Any prior criminal history
- Any contact sexual offending
- Any failure on conditional release
- Admission or diagnosis of sexual interest in children
 - Correlates of Admission of Sexual Interest in Children (CASIC)
- More boy than girl child pornography content
- More boy than girl other child-related content

Correlates of Admitted Sexual Interest in Children (CASIC)

- Never Married
- Child Pornography Videos
- Child Pornography Text Based Stories
- Evidence Interest in CP 2 Years or More
- Volunteering Role in High Access To Children
- Engaged in Online Communications with Children

Protective Factors

(de Vries, Mann, Maruna, and Thornton, 2015)

- Healthy Sexual Interests
- Capacity for Emotional Intimacy
- Constructive Social/Professional Support
- Goal Directed Living
- Good Problem Solving
- Engaged in Employment/Constructive Leisure
- Sobriety
- Hopeful, Optimistic, Motivated Attitude to Desistance

- SAPROF-S0

Artificial Intelligence (AI) Live



- ➡ Fotor

- ➡ <https://www.fotor.com/>

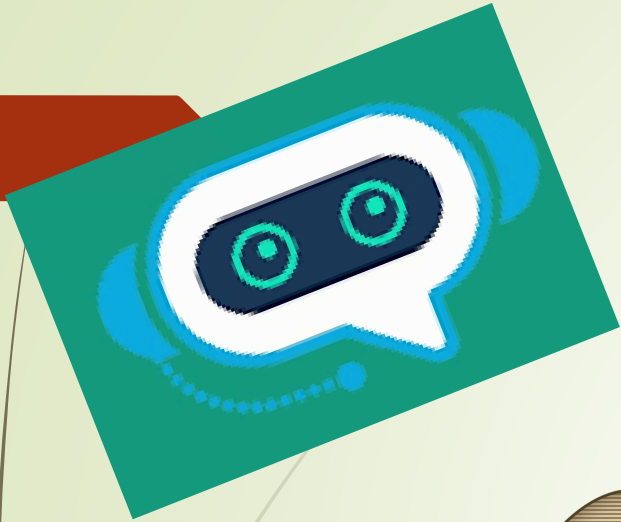
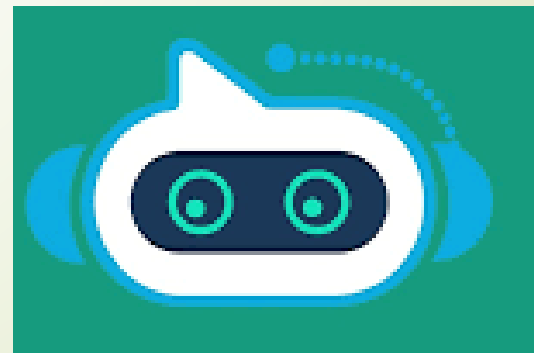
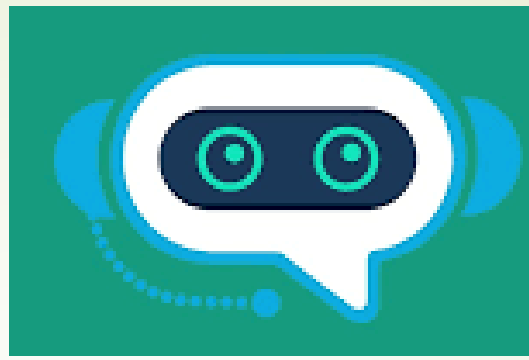
- ➡ Cloth Off

- ➡ ChatGPT

- ➡ <https://platform.openai.com/apps>

Chat Bots

<https://beta.character.ai/>



Deep Web

- Information that can not be indexed by traditional search engines

Google

bing

YAHOO!

SURFACE WEB

Bing

Google

4%

Wikipedia

DEEP WEB

(not accessible to Surface Web crawlers)

Medical Records

Legal Documents

Scientific Reports

Subscription Information

Competitor Websites

Academic Information

Multilingual Databases

Financial Records

Government Resources

Organisation-specific Repositories

90%

DARK WEB

(only accessible through certain browsers such as TOR. Deep web technologies has zero involvement with the Dark Web)

Drug Trafficking

Private Communications

Political Protests

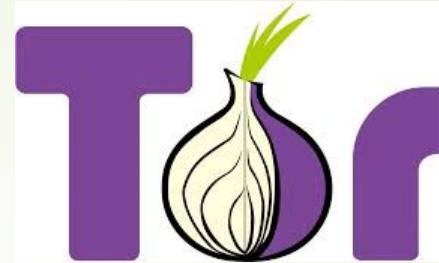
Illegal Information

TOR Encrypted sites

6%

Dark Web

- Available through specialized anonymizing software (TOR)
- .onion is the domain host for TOR
- Addresses are 16 character, non-mnemonic and are comprised of alphabetic and numeric strings



Cloud Storage

- ➡ Google Drive
- ➡ Mega.io
- ➡ Box / Dropbox
- ➡ Thousands of others...

Problems with Zero Tolerance

RAN Customized Training and Consulting

- There is no data that suggests banning sex offenders from digital devices reduces recidivism (Chan, McNeil, & Binder, 2016)
- Encourages Secret Keeping
- Increases Social Isolation/Rejection
- Decreases Business or Employment Opportunities
- Interferes with Emotional Dysregulation / Healthy Technology Use
- Avoidance is not an Effective Strategy

MANAGEMENT

- Electronic Management (Behun & Delmonico, 2012)
 - Blocking Software/Filters
 - Bark, Qustodio, Netnanny
 - Searching
 - Fieldsearch (kbsolutions.com)
 - Monitoring
 - Internet Probation and Parole Control (IPPC)
 - Remote-Com
 - Covenant Eyes / Accountable2You / EverAccountable



MANAGEMENT

- ➡ Gaming Systems (Xbox, PSP, Wii, etc.)
 - ➡ Nintendo Parental Controls (more difficult to connect with others)
 - ➡ Xbox Family Settings App (2020)
 - ➡ Playstation – Parental Control Setting (minimal protection)



Acceptable Use Agreements

- Requires Communication
- Helps Clients Anticipate Problems
- Can be Personalized to the Client
- Can go Beyond Court / Probation Orders

<http://www.internetbehavior.com/gaming2024>

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)

Risk/Needs/Responsivity



- Responsivity – The Forgotten “R”
 - Therapeutic Relationship/Alliance
 - Learning Styles, Abilities, Culture
 - Client Motivation/Engagement

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

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

Risk/Needs/Responsivity



- Responsivity – The Forgotten “R”
 - Therapeutic Relationship/Alliance
 - Learning Styles, Abilities, Culture
 - Client Motivation/Engagement

Risk/Needs/Responsivity



- Responsivity – The Forgotten “R”
 - Therapeutic Relationship/Alliance**
 - Learning Styles, Abilities, Culture
 - Client Motivation/Engagement

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))

Motivation/Engagement



➤ Imagery

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

Treatment with Responsivity

- ➡ Setting the Foundation for Treatment
 - ➡ The Attorney
 - ➡ Trained Seals

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

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

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”

Treatment Issues

- **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
- **Emotional Regulation** (Middleton et al., 2006; Laulik et al., 2007; Beech & Elliott, 2009; Marshall et al., 2012; Barnett & Mann 2013)
- **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)

Treatment Issues

- 
- Social Skills/Intimacy Deficits
 - Social Anxiety and Loneliness
 - Emotional Regulation
 - Deviant Arousal
 - Online Hypersexuality
 - Sensation Seeking
 - Problematic Technology Use
 - Psychology of Technology
 - Victim Awareness
- 

Calming the Brain

- Mindfulness/Meditation
 - Part of the “third wave” of CBT**
 - <http://palousemindfulness.com>
- 10% Happier
- Sitting Still Like a Frog
- Mindfulness In Real Life
 - <https://www.mindfulnessirl.com>
 - 24 CE's for MHP (all boards)

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).

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)


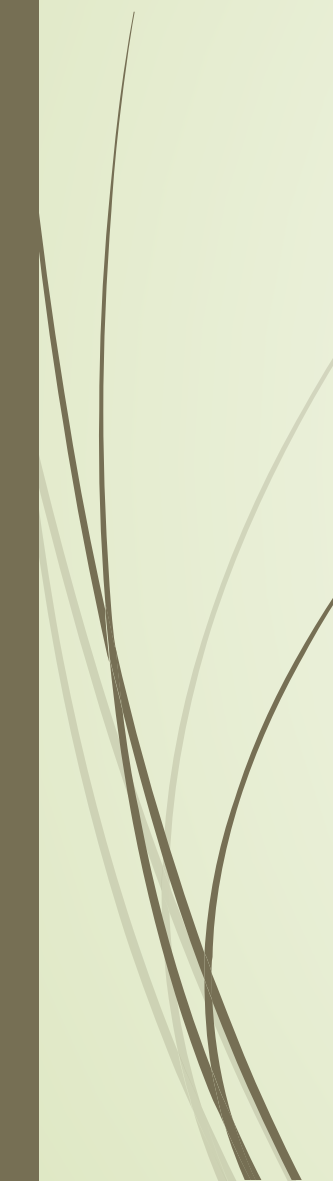
Calming The Brain

➡ 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.**

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

Treatment Issues



- **Social Skills/Intimacy Deficits**

- Social Anxiety and Loneliness

- **Emotional Regulation**

- Deviant Arousal

- Online Hypersexuality

- Sensation Seeking

- **Problematic Technology Use**

- Psychology of Technology

- Victim Awareness

Fun & Games

- Social Skills and Intimacy Deficits/Emotional Regulation
 - 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

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 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:*


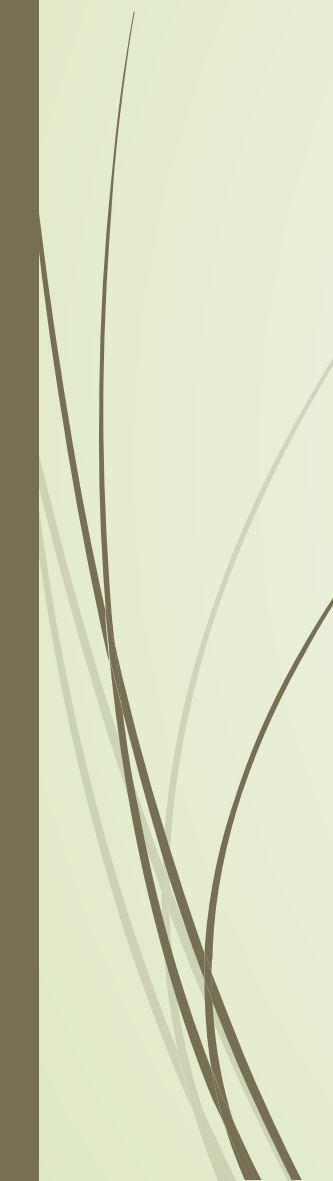
- Was it easy for you to think of a story quickly?
- Is it easy for you to think or something to say in a social situation?
- Were you listening to other's stories or thinking about the story you were going to create?




Fun & Games

- Excited/Angry/Upset/Stressed
- Speed/Spoons/High Paced Musical Chairs/Tensies
- Practice in the moment emotional regulation skills
 - Breathing/Mindfulness

Treatment Issues

- 
- Social Skills/Intimacy Deficits
 - Social Anxiety and Loneliness
 - Emotional Regulation
 - **Deviant Arousal**
 - Online Hypersexuality
 - Sensation Seeking
 - Problematic Technology Use
 - Psychology of Technology
 - Victim Awareness
- 

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

Deviant Sexuality

- 
- Talking about Sexuality/Knowing About Sexuality
 - Desensitization
 - Understanding Your Sexuality
 - Defining Healthy Sexuality
- 

INTERVIEWING BASICS

- The importance of language
 - Male Anatomy
 - Female Anatomy
 - Intercourse
 - Masturbation
 - Homosexuality
 - Menstruation
 - Miscellaneous (name calling, sex acts, fetishes, etc.)



Deviant Sexuality

- Talking about Sexuality/Knowing About Sexuality
 - Desensitization
- Understanding Your Sexuality**
- Defining Healthy Sexuality

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

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

Models of Sexual Health

➤ CERTS Model (Wendy Maltz)

- Consent, Equality, Respect, Trust, and Safety
- 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)

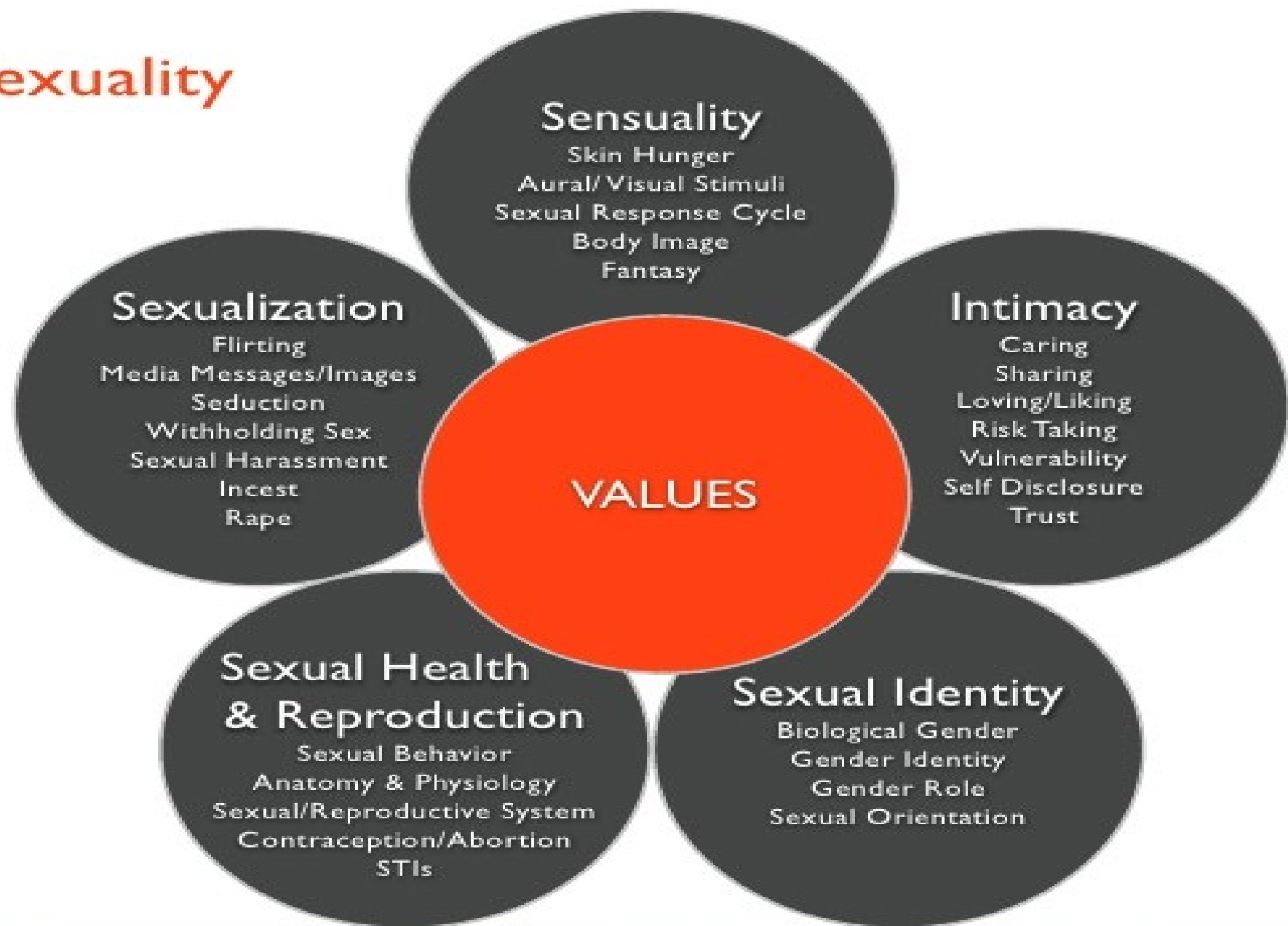
Sexual Health Model

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

Circles of Sexuality

Dr. Dennis Dailey





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

Treatment Issues

- 
- Social Skills/Intimacy Deficits
 - Social Anxiety and Loneliness
 - Emotional Regulation
 - Deviant Arousal
 - **Online Hypersexuality (Sexual Preoccupation/Using Sex to Cope)**
 - Sensation Seeking
 - Problematic Technology Use
 - Psychology of Technology
 - Victim Awareness
- 

Hypersexuality

- 
- ➡ Hypersexuality
 - ➡ Pornography Literacy
 - ➡ Attack Plan
- 

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?

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

Overview of Research

(Malamuth 2003; Malamuth et 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.

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)


Considerations

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

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

Guidelines

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



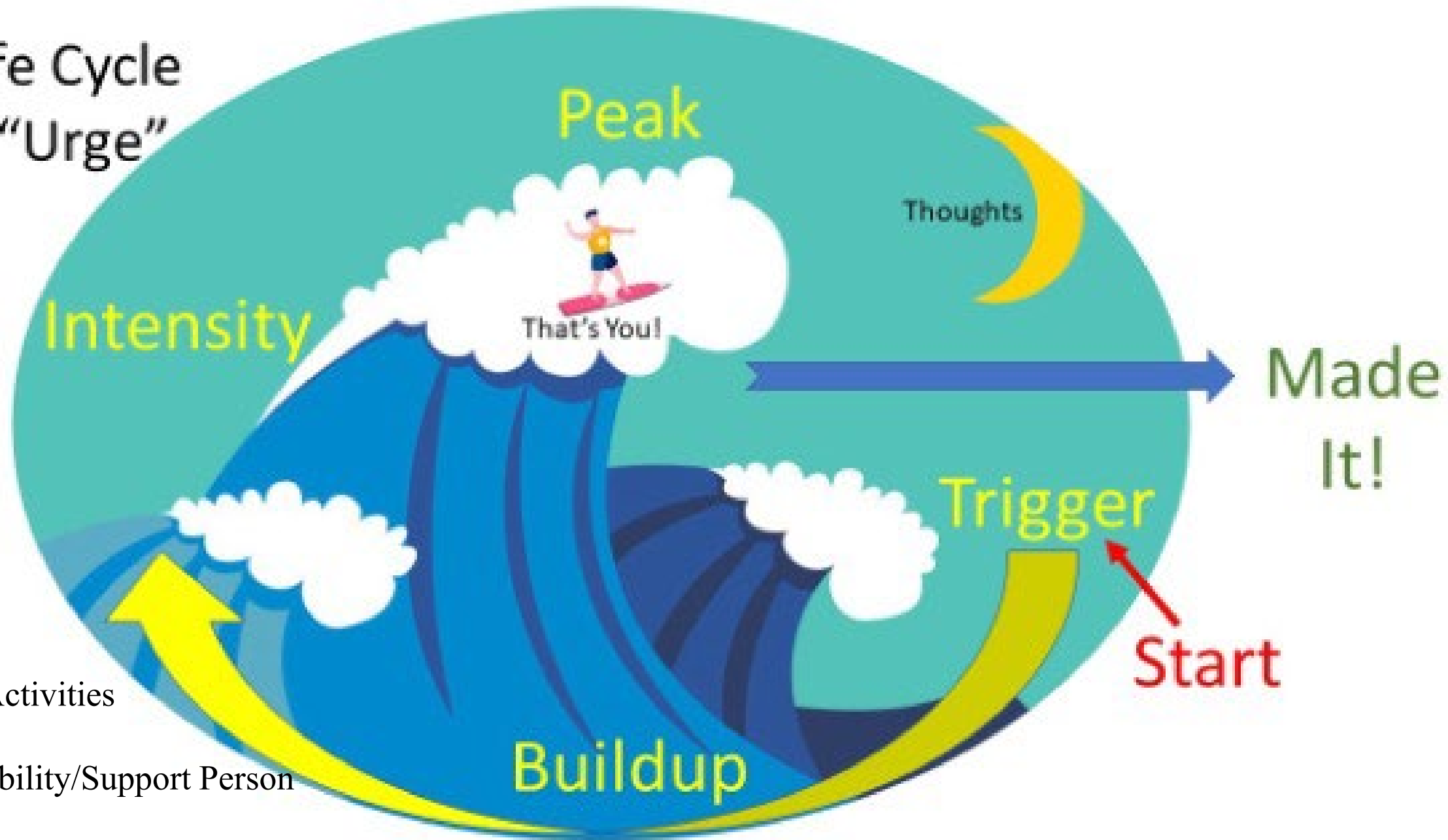
Guidelines

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



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

The Life Cycle of an "Urge"



Treatment Issues

- 
- Social Skills/Intimacy Deficits
 - Social Anxiety and Loneliness
 - Emotional Regulation
 - Deviant Arousal
 - Online Hypersexuality
 - Sensation Seeking
 - **Problematic Technology Use**
 - **Psychology of Technology**
 - **Victim Awareness**
- 

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

Treatment

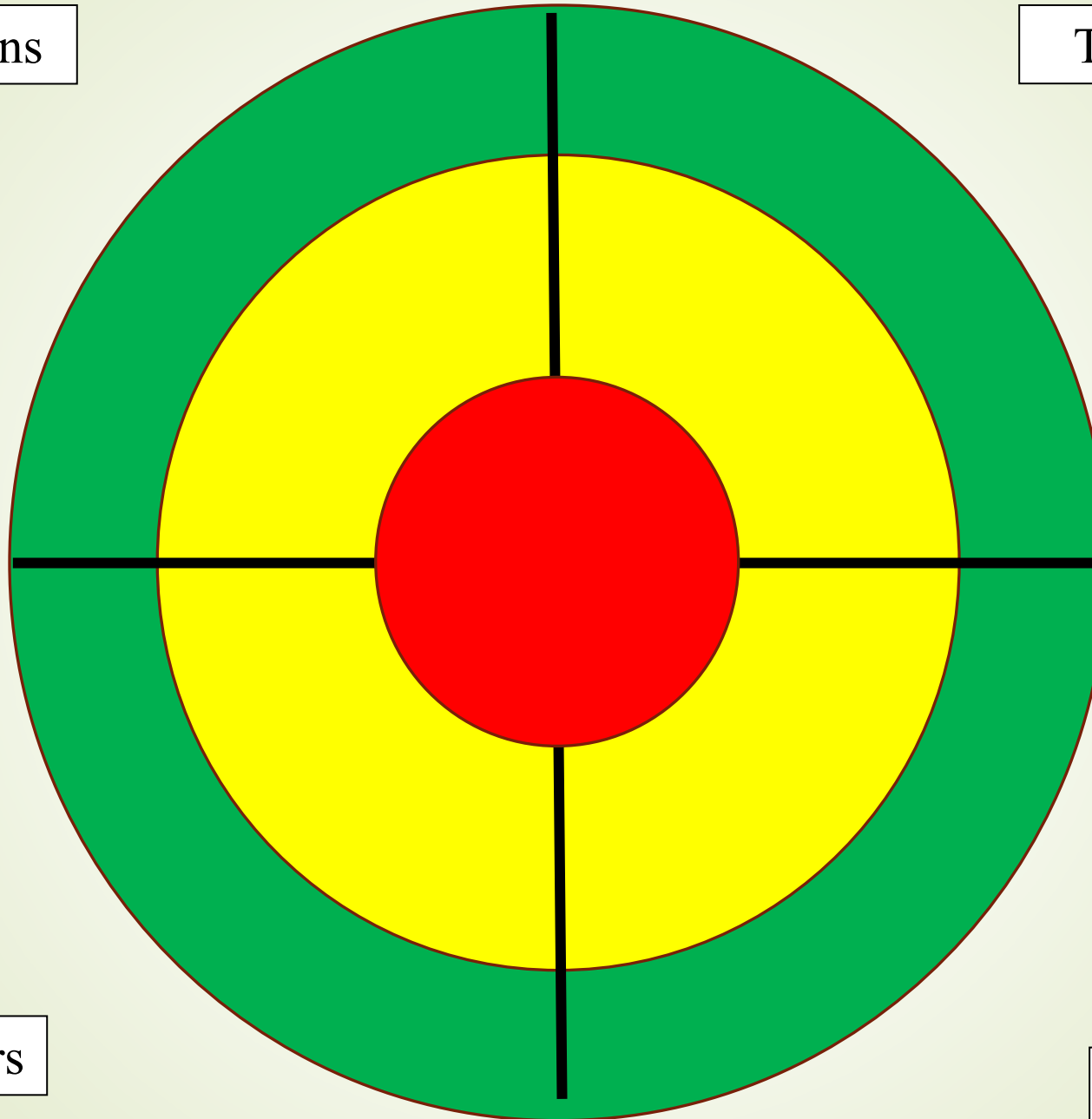
- Problematic Technology Use
 - Psychology of Technology
 - Technology Health Plan
 - Technology Crazyness Index
 - Digital Footprints
 - Acceptable Use Plan
 - 7 Desires and Technology
 - Victim Awareness

Emotions

Thoughts

Behaviors

Situations



Victim Awareness

- ➡ Psychology of Technology
- ➡ Victim Impact Letter
 - ➡ CCRC Article
 - ➡ Victim Impact Statements
- ➡ Jenga

Jenga Victim Awareness

1. Name 3 ways children are harmed by child sexual abuse media?
2. What were your feelings as you read the victim impact statements?
3. What did you learn from reading the CCRC article.
4. What is your plan for remembering that in child sexual abuse media, children are real and are being harmed.
5. What is your attack plan for dealing with the psychology of technology?