

# Trauma-Informed Care:

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## Implication for working with men who have sexually offended

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# Introductions and Presentation Information

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- Trauma affects all of us.
  - Some days we manage it better than others
  - Some days we need to use some extra self-care
- Talking about trauma, hearing about trauma, reading about trauma... can be trauma.
  - If you need to excuse yourself from this session, please do, we are not offended by your self-care methods!



# Trauma

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"Individual trauma results from an event, series of events or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individuals functioning and physical, social, emotional, or spiritual well-being"(SAMHSA, 2014)



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Before we jump into Trauma-Informed care  
with incarcerated populations...

Let's hear about Steve's story...



Level of compassion/empathy for Steve

1--2--3--4--5--6--7--8--9--10

(little/none)

(high/tons)



Trauma can affect the way we view others:

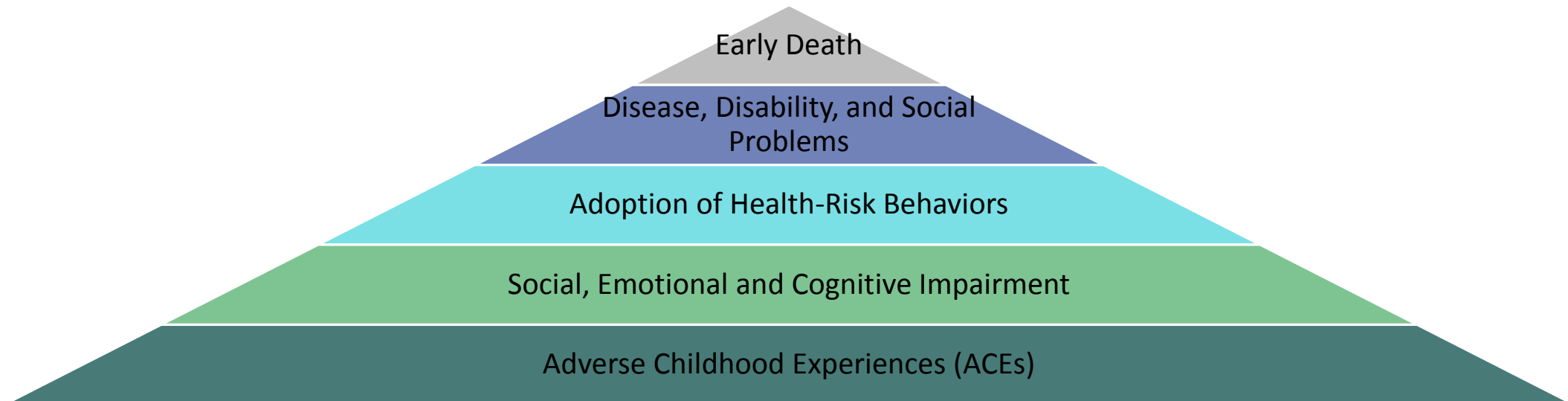
- 1.) Our own trauma colors the lens we view from.
- 2.) Others' trauma colors the lens we see them through.

# Adverse Childhood Experiences (ACEs)

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One of the ways for us to understand and identify impacts of trauma is through the ACEs study

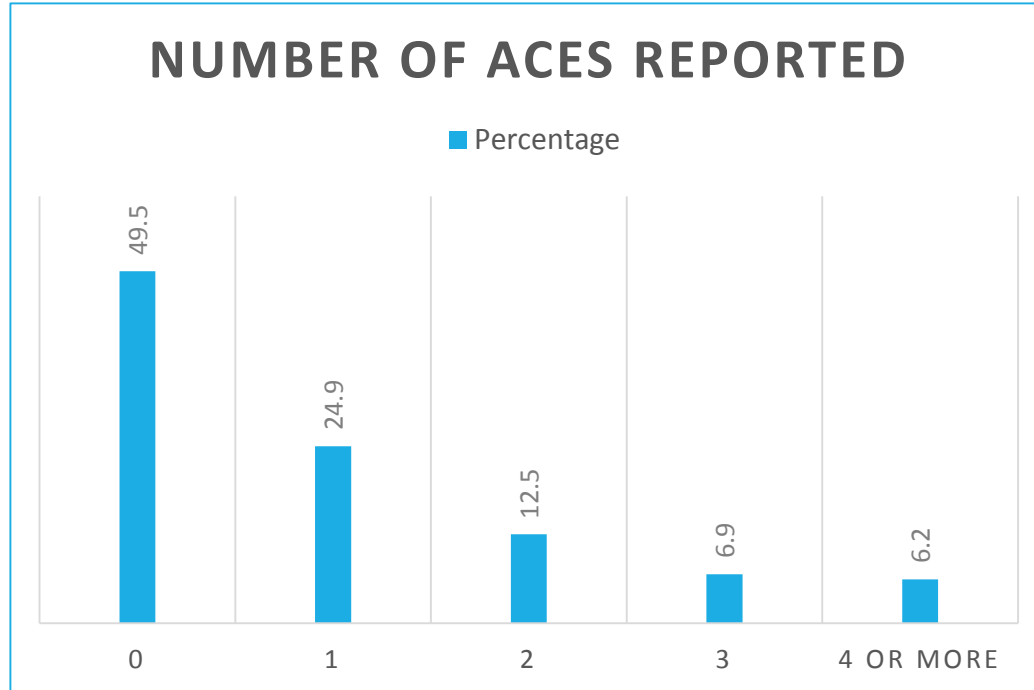
- CDC and Kaiser Permanente Study in 1998: comparison childhood experiences and health status/behaviors.
- Major Finding: As the number of ACEs increase so does the risk for maladaptive behaviors and health concerns.



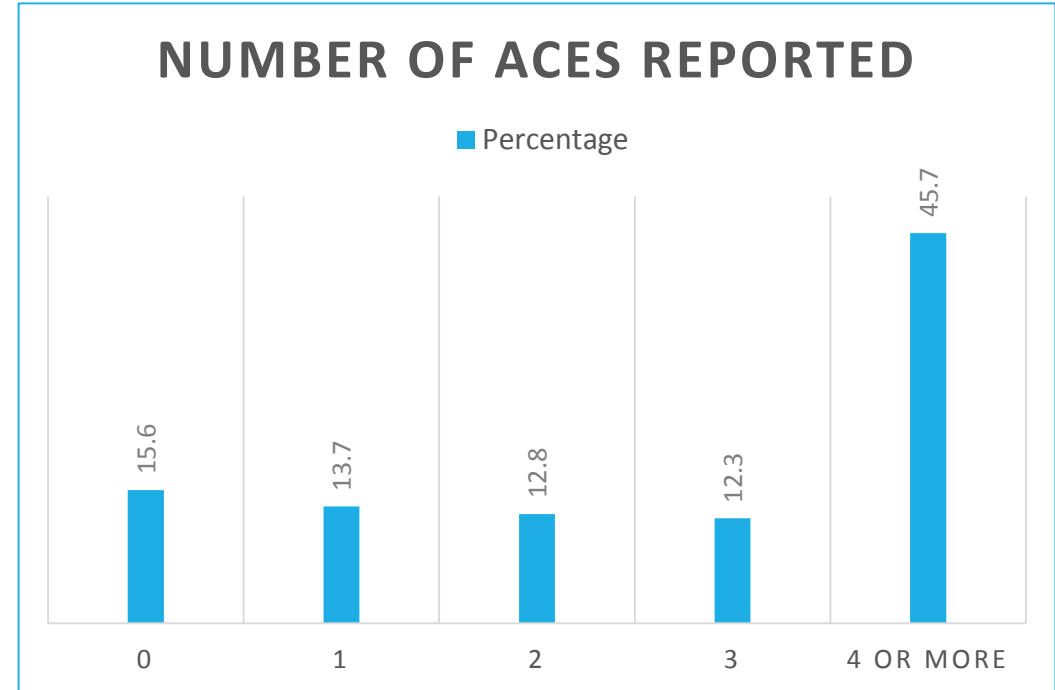
# ACEs Comparison:

Why are ACEs important when working with men who have sexually offended?

GENERAL POPULATION (ORIGINAL STUDY)



MALE SEX OFFENDERS





# Effects of Traumas

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What risk factors/behavioral concerns do we think can be developed from exposure to or experience of ACEs and other traumas:

- Increase in emotional dysregulation, up to and including: depression, anxiety and suicidality
- Increase in use of maladaptive coping: alcohol/drug use, obesity, high risk/adrenaline increasing behaviors and sexual behaviors
- Difficulty thinking through typical life problems/concerns
- Instability in social supports

# Effect of Trauma and their connections with STABLE 2007 Risk/Treatment Need Areas

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- Significant Social Influences
- Intimacy Deficits
  - Capacity for Relationship Stability
  - Emotional Identification with children
  - Hostility Towards Women
  - General Social Rejection and/or Loneliness
  - Lack of Concern for others
- Sexual Self Regulation
  - Sex Drive/Preoccupation
  - Sex as Coping
  - Deviant Sexual Interests
- General Self-Regulation
  - Impulsive Acts
  - Poor Cognitive Problem Solving
  - Negative Emotionality/Hostility
- Cooperation with Supervision



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Understanding how trauma can shape some of these need areas can increase compassion and reduce frustration/judgement/bias effects within treatment providers.

# Trauma-Informed Care Means:

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- Understanding how trauma is related to maladaptive/unhealthy/offense patterns. Adding context to behaviors.
- Understanding reasons for treatment resistance and matching interventions.
- Helping reduce levels of shame within the client that impede the treatment interventions.
- Compassion for maladaptive coping with matching interventions to develop and reinforce adaptive coping.
- Being aware of how treatment activities force reliving of traumas.
- Moving past the stigma and the label to see the person.

# Trauma-Informed Care Does Not Mean:

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- Excusing or justifying harmful behaviors
- Withholding consequences
- Fixing the effects of trauma on someone's life



# How do we incorporate Trauma-Informed Care into current Cognitive Behavioral Therapy (CBT) treatment models?

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- Stepping away from overly adversarial confrontational interventions, as they can be trauma reinforcing and have the opposite effect of the intended interventions.
- Modeling of healthy boundaries and respectful interaction patterns.
- Identifying how traumatic events helped to shape core beliefs, world view, individual identity and coping patterns; with compassion around how those coping patterns were adaptive during the traumatic event however no longer adaptive.
- Develop a holistic view of the individual to apply strength-based skill practice matched with their needs.
- Understanding context to distorted thinking, resulting on more effective challenge statements.
- Respond effectively to resistance with context, compassion and understanding. This allows therapists to lessen the impacts of their own judgements on the therapeutic relationship.
- Group dynamics focused on modeling and encouraging supportive feedback, respectful confrontation, group exploration of shared cognitive distortions.
- Expecting the beginning of treatment to dysregulate group members, understanding they may use maladaptive coping related to their offense; thus responding in non-punitive methods (if appropriate) and providing interventions that address the root issue.

# WCCW/MCCCW

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- Beyond Trauma
- Moving On
- Alternatives 2 Aggression / Aggression Replacement Training
- Beyond Violence

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“By gaining awareness of these recurring relational patterns, clients can recognize them as they occur in the therapeutic setting, rehearse new skills, and ultimately generalize these skills to others in their lives. As clients enhance both their interpersonal experiences and general well-being, they adapt and successfully practice healthier, non-destructive strategies for meeting emotional needs, which might be expected to diminish future risk to offend.” Jill Levenson: Incorporating trauma-informed care into evidence-based sex offender treatment, 2014

Since these men are getting out of prison and will be our neighbors... I'd like for them to meet their needs in healthy way... you?



# Being trauma informed is great for them... but what about US?

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- What effects does understanding the context of their trauma and how that has impacted their methods for engaging with life have for the therapist or staff member working with them?
- How do we hold both the traumas that have happened to them, and the traumas they have cause?





SELF CARE!