

Treating Sexually and Physically Aggressive Adolescents

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The workshop will focus on treating adolescents who have issues with conduct and personality disorders (ie. Aggression, both physical and sexual) with a modified CBT designed to treat this type of adolescent. The specific “third wave” CBT, known as Mode Deactivation Therapy (MDT) Apsche and Ward (2004) has been shown to be effective with this [population in a series of treatment research and case studies. Apsche, Bass, and Siv. (2005); Apsche, Bass, Jennings, Murphy, Hunter, and Siv (2005); Apsche, Siv, Matteson (2005). MDT is a CBT specifically designed for adolescents who have disturbance of conduct and behavior and personality disorders, traits or beliefs. Apsche and Bass will present the results of ten years of treatment research of MDT that now includes 453 participants over the past decade.

The workshop will teach participants how to apply the MDT methodology with aggression, conduct adolescents with personality disorder, traits and/or beliefs and sexual and physical aggression. Participants will learn how to apply the MDT research of Apsche, (2006) into practice with adolescents.

The specific type of MDT from assessment in the clinical manual to the specific client assignment, from the MDT client. The participants will become familiar to the specific steps necessary to implement MDT successfully.

MDT includes and requires completing the following steps in sequence and these steps will be reviewed in the workshop.

1. MDT Assessments
 - a. Typology Survey
 - b. Fear Assessment
 - c. Compound Core Beliefs Questionnaire
2. Case Conceptualization
3. MDT Mindfulness- Awareness training
4. Deactivating a Mode
 - a. Functional Treatment
5. Validation Strategy/Validate, Clarify, Redirect (VCR)
6. Balance Beliefs- Validate
7. Family MDT

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DVD of actual sessions with client as well as comparative data from research studies will be presented to emphasize each step of the workshop. These DVD's will enable participants to view and participate in an actual case form assessment thru treatment.