

## **Beyond Risk Management to a More Holistic Model for Treating Sexually Abusive Youth**

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Empirically guided risk assessment instruments and typology research has increased our knowledge about the static and dynamic risk factors associated with juvenile sexual offending. Dynamic risk factors/treatment targets include: deficits in self-esteem, self efficacy, social competence, and intimacy; delinquent attitudes and values such as hostile masculinity and egotistical antagonistic masculinity; negative peer influence; emotional regulation and anger management problems; and paraphilic interests. The identification of these dynamic risk factors has increased our ability to focus interventions on the specific targets of treatment that will have the greatest impact on reducing risk.

Cognitive-behavioral and skills based interventions remain empirically supported models for treatment. The relapse prevention model has been an important framework that focuses on the identification and management of the risk factors associated with offending. However, research also reinforces the effectiveness of strength based and ecological models in treating juveniles. This research supports the need for our interventions to go beyond risk management to a broader, more holistic approach that addresses growth and development, social ecology, and increased health. The “Good Lives” model (Ward et al) proposes a dual focus on risk management and psychological wellbeing. The Good Lives model originated in the adult field and has been increasingly discussed and applied to work with juveniles. The Good Lives model identifies the different domains associated with human existence and promotes the completion of a Good Lives plan in which the offender identifies the human “goods” that he wants out of life.

While much of relapse prevention is seen as focusing on “avoidance” goals, the Good Lives model focuses a great deal on “approach” goals. This type of model supports the youth in identifying non-abusive and healthy ways to get needs met. Beyond that, youth are supported in creating an image of a better and more normative path of development for the future. This can be particularly important for those youth whose own histories of neglect and abuse have left them with a sense of pessimism and hopelessness about the future.

This presentation will discuss how we can embed the best features of relapse prevention in a more holistic model. The dynamic risk factors/treatment targets associated with juvenile sexual offending will be identified. A treatment model will be presented that integrates the risk management and Good Lives models. Numerous examples from clinical practice will be utilized.