

INNOVATIONS IN THE TREATMENT OF JUVENILES

A Prosocial Model of JSO Treatment

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A prosocial model for treating juvenile sexual offending (JSO) based on Aggression Replacement Training (ART) is presented. Rather than viewing antisocial behaviors and thinking patterns as criminogenic with regard to sexual offending, the prosocial model relies on research which identifies social skill deficits as the primary treatable psychological risk factor for JSO youth. The ART assessment and treatment model is empirically validated, and based on how teens actually think and change. It has been reviewed by National Criminal Justice Reference Service as an effective model, and by Washington State as the most cost effective model for probation youth generally.

Would You Like to Take it Outside? Group Process in Wilderness Therapy

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Wilderness therapy is a core component of the adolescent sexual offender treatment programme offered by the SAFE Network Inc. However, little is known about how wilderness therapy contributes to the overall outcomes of adolescents completing the programme. This paper presents a qualitative investigation of the function and process of wilderness therapy within SAFE's treatment programme. Thematic analysis based on participant observation, semi-structured interviews with adolescent participants, and semi-structured interviews with therapists involved in the programme was conducted. The analysis found 4 interdependent themes related to function and process of wilderness therapy: enhanced relationships, view of self, intensity of the experience, and aiding disclosure. These themes are discussed in relation to the literature relevant to wilderness and group therapy.