


Translating TIC into SOTX Practice:
Advanced Skills



Jill S. Levenson, PhD LCSW
Professor
Barry University
School of Social Work
Miami, FL
SOTX Program in South
Florida
levenson.jill@gmail.com

TIC (c)Levenson 2022. levenson.jill@gmail.com

TIC SOTX 2022
3

1

Translating TIC into SOTX Practice:
Advanced Assessment & Engagement Skills

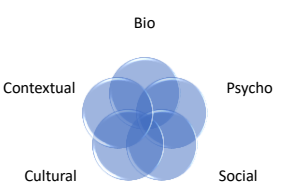
- Learning Objectives: (3 hours)

- Participants will learn to incorporate trauma-informed assessment methods, case conceptualizations, and diagnostic considerations.
- Participants will learn to incorporate TIC principles into SOTX goals, with specific and practical strategies for evidence-based risk-reduction programming.
- Participants will learn group facilitation skills to address trauma-related interpersonal and relational patterns within group treatment sessions.

2

Trauma-Informed Assessment

- Trauma Screening
- Risk Assessment
- Diagnostic Considerations
- Case Conceptualization



Bio
Psycho
Social
Cultural
Contextual

TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

3

3

Trauma-informed Forensic Assessment


- Uses interviewing techniques that are non-threatening in order to obtain relevant information.
- Incorporates the science of trauma into case conceptualization of psycho-social, criminal, and behavioral health problems
- Makes treatment and management recommendations that are relevant for a client's strengths, risks, needs, and responsivity factors

TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

4

4



RISK

TRAUMA

RESPOND

R Risk N Needs R Responsivity

(Andrews & Bonta)

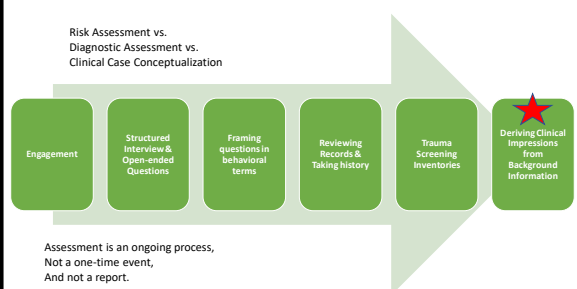
TIC (c) Levenson 2022. levenson.jill@gmail.com

TIC SOTX 2022

5

5

Risk Assessment vs.
Diagnostic Assessment vs.
Clinical Case Conceptualization



Engagement

Structured Interview & Open-ended Questions

Framing questions in behavioral terms

Reviewing Records & Taking history

Trauma Screening Inventories

Deriving Clinical Impressions from Background Information

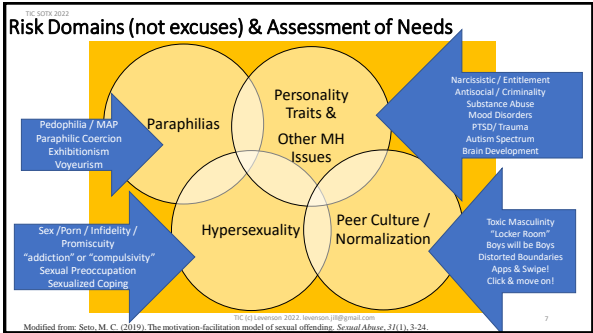
Assessment is an ongoing process,
Not a one-time event,
And not a report.

TIC SOTX 2022

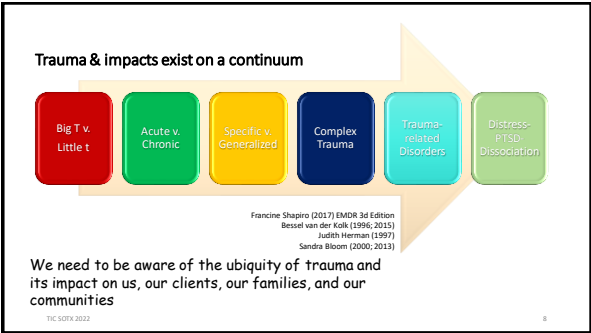
TIC (c) Levenson 2022. levenson.jill@gmail.com

6

6



7



8

Trauma Screening Tools

| | |
|---|--|
| ACE scale | Remember: <ul style="list-style-type: none">• Asking about trauma can be traumatic• Sometimes people don't think of experiences as "abuse" or "trauma"• Trust takes time to build, especially with a history of relational trauma• Not just a checklist of experiences or a "score" –• Opens a dialogue.• Explore the meaning attached to events & experiences.• Incorporate into your clinical conceptualization |
| Life Event Checklist | |
| PTSD Checklist for DSM-5 (PCL-5) | |
| TSI – Trauma Symptom Inventory (S) | |
| DES (Dissociative Experiences Symptoms Scale) | |
| Young Schema Questionnaire (YSQ) | |

TIC SOTX 2022 TIC (c) Levenson 2022. levenson.jill@gmail.com

9

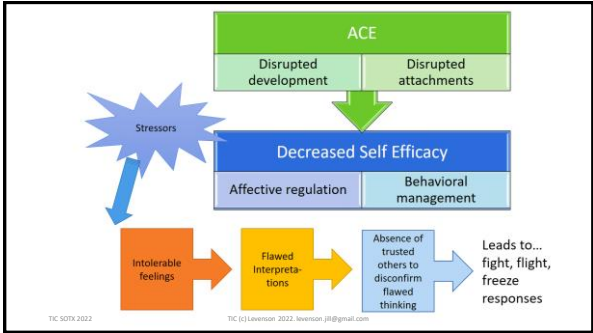
LISTEN WITH CURIOSITY & COMPASSION

Frankly, there isn't anyone you couldn't learn to love once you've heard their story.

A QUOTE MR. RODGERS CARRIED IN HIS WALLET.

TIC SOTX 2022

10



11

Don't neglect Neglect

Most common and most chronic maltreatment

Most difficult to self-identify

Kids who are ignored don't learn to self-soothe, ask for help, or respond with empathy to others


Attachment Disturbances

TIC SOTX 2022 TIC (c) Levenson 2022. levenson.jill@gmail.com

12

Neglect

Center on the Developing Child

 HARVARD UNIVERSITY

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD

INBRIEF

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

13

Neurobiological effects of childhood adversity: Developmental Cascades

Case Conceptualization: Ray

Attachment

- Child is abused or neglected at home, placed in out of home care, or exposed to family dysfunction

Cognition

- Child has difficulty concentrating in school, falls behind in academics, feels 'dumb' and perceives other adults as untrustworthy.

Self-regulation

- Can't sit still, follow rules of a game, take turns, raise his hand, share, or keep his desk neat. Steals food. Is therefore eliciting negative feedback from peers and teachers.

Cascade Effects

- Fails in school, feels angry, doesn't fit in, more vulnerable to associating with delinquent peers, using substances, or becoming depressed and anxious.

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

14

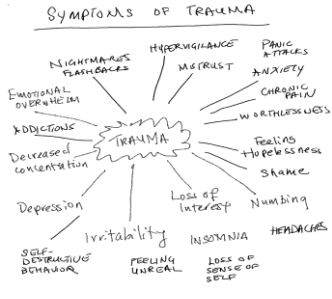
Diagnostic Considerations & Case Conceptualization

The medication isn't working!

Misdiagnoses or Labels:

- ADHD
- Bipolar Disorder
- Antisocial / Conduct Disorder
- Oppositional - Defiant
- Depression / Anxiety
- OCD
- Addictions
- Anger Management
- Psychotic

SYMPTOMS OF TRAUMA



TRAUMA

- Hyperarousance
- Panic Attacks
- Anxiety
- Chronic Pain
- Worthless Woes
- Feeling Hopelessness
- Shame
- Numbing
- Loss of Interest
- Headaches
- Insomnia
- Loss of Sense of Self
- Feeling Unreal
- Irritability
- Self-Destructive Behavior
- Depression
- Decreased Concentration
- Addictions
- Emotional Dysregulation

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

15

Diagnoses: What's wrong with you?

Through the Trauma Lens: What happened to You?

Kids

- Hyperactivity
- Inattention
- Aggression
- Defiance
- Oppositional behavior
- Anxiety
- Sexualized behavior
- Delayed development
- Learning problems

Adults


- Anger & Aggression
- Drugs & Alcohol
- Neglectful or Abusive Parenting
- Paraphilic
- Personality Disordered
- Non-compliant
- Adversarial
- Combative
- Depressed / Anxious

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

16

Diagnostic Considerations Through the Trauma Lens



DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS

FIFTH EDITION

TEXT REVISION

DSM-5-TR™

AMERICAN PSYCHIATRIC ASSOCIATION

Beyond Paraphilias



TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

17

Symptoms or Problems?

Addiction & Aggression



Common Ways People Enter the Criminal Legal System

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

18

Advanced TIC Skills for SOTX

3

ACEs = Relational Trauma
(Steele, K., Boon, S., & van der Hart, O. 2016)

Characterized by:

- **Invalidation**
- **Betrayal**
- **Attachment Disruption**

Occurs when caregivers are simultaneously:
• Needed &
• Dangerous, Needy, Chaotic, Inconsistent, or Unavailable

OFTEN ROOTED IN TRAUMA

Depression
Anxiety
OCD
Addictions -
substance or behavioral

TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com


19

We Adapt. SURVIVAL.
Through the lens of trauma:

Characteristics & Behaviors

Evolve in order to help individual adjust to the demands of the environment

Survival of the Fittest




Maladaptive Behaviors:
*Help in the moment
Hurt in the long run*

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com


20

Attachment Disruption & Betrayal Trauma




The Onset of Personality

Personality traits are theorized to develop around age 6 or 7. By that age, how we see the world, our expectations, and how we navigate life.



Treatment Takes Time

Sadly, outdated websites and literature suggest that people affected by a personality disorder can't change. But, that's simply not the case.



Trauma Can Cause Personality Disorders

Often times many people are diagnosed with a personality treatment after experiencing years of neglect, and or a traumatic childhood.

https://transformativgrowth.org/personality-disorder

TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

21

| Cluster A (odd/eccentric) | Cluster B (dramatic/erratic) | Cluster C (anxious/fearful) |
|--|---|---|
| Paranoid distrusting and suspicious interpretation of the motives of others | Antisocial disregard for and violation of the rights of others | Avoidant socially inhibited feelings of inadequacy, hypersensitivity to negative evaluation |
| Schizoid social detachment and restricted emotional expression | Borderline unstable relationships, self-image, affects, and impulsivity | Dependent submissive behaviour, need to be taken care of |
| Schizotypal social discomfort, cognitive distortions, behavioural eccentricities | Histrionic excessive emotionality and attention seeking | Obsessive-compulsive preoccupation with orderliness, perfectionism, and control |
| | Narcissistic grandiosity, need for admiration, lack of empathy | <small>Alein, N., Blackburn, R., Davidson, K.M., Hilton, M.R., Logan, C., & Shire, J. (2006). Understanding Personality Disorder : A Report by the British Psychological Society.</small> |

22

Some thoughts about Antisocial Personality Disorder...

- Criminal Behavior vs. Character Pathology
- Deprivation breeds Entitlement
- Gratuitous vs. Instrumental Crime
- Sexualization & Objectification

Trauma of Poverty

Trauma of High Crime Communities (Survival)

Gang Influences

Normalized Behavior

Peer Culture

Socialized into Crime

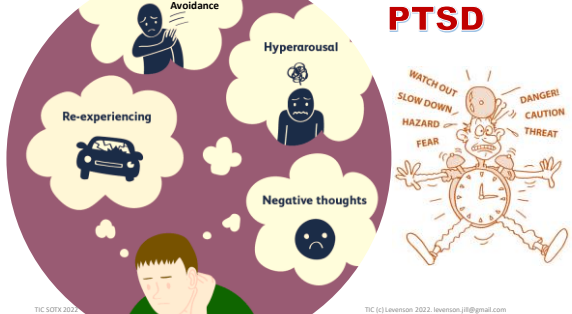
Systemic Injustice

Economic & Opportunity Disparities

TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

23



PTSD

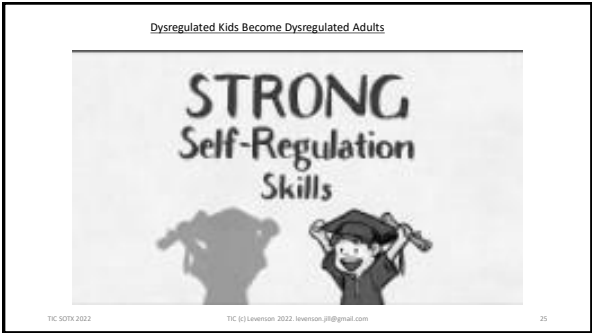
TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

24

Advanced TIC Skills for SOTX

4



25

PTSD: DSM-5
Trauma symptoms masquerade as presenting problems:
DYSREGULATION

| Intrusion | Avoidance | Negative thoughts and mood or feelings | Heightened arousal |
|--|---|--|--|
| <ul style="list-style-type: none">• Memories of the traumatic event• Recurrent dreams• Flashbacks• Ruminating thoughts. | <ul style="list-style-type: none">• Of situations, people, place, things that trigger distress or reminders of the event. | <ul style="list-style-type: none">• Persistent and distorted sense of blame of self or others• Estrangement or Detachment• Diminished interest in activities• Impaired memory for life events | <ul style="list-style-type: none">• Aggressive, reckless or self-destructive behavior• Risk Taking• Sleep or concentration disturbances• Hyper-vigilance or startle response. |

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

26

26

Am I safe?
Who can I trust?
What will happen?
Do I have choices?
Do I have control over my life?
Am I seen?
Am I heard?
Does anyone understand me?
Am I included, respected, equal?
Will life ever be comfortable again?

Dysregulation comes from not feeling safe

TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

27

27

TIC SOTX 2022

Traumagenic Psychosis
Sometimes misdiagnosed as Schizophrenia, Bipolar Disorder, or Schizo-Affective Disorder

| |
|--|
| The old "Schizophrenogenic family" |
| Reality Testing |
| Dissociation |
| Neurobiological alterations |
| Fear responses and perceptions of danger |
| Attachment and Personality Disorders |

TIC (c) Levenson 2022. levenson.jill@gmail.com

28

28

Summary: Assessment

- Incorporate knowledge of bio-psycho-social consequences of trauma into assessment
- In particular, think about adult problems within the context of developmental trauma, or ACEs
- Psychosexual development, inner conflict, social/cultural norms
- Risk Factors & Risk Domains & possible trauma relation
- Assess trauma impact on behavioral and emotional self-regulation
- Diagnostic Considerations through the lens of trauma
- Understanding trauma does not excuse, condone, or accept criminal conduct or victimizing behavior.

TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

29

29

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

30

30

TIC SOTX 2022TIC (c) Levenson 2022. levenson.jill@gmail.com31

31

Dynamic Risk Factors and Criminogenic Needs through the Trauma Lens

Relational Patterns & Self-Efficacy

☒ Social rejection

☒ Intimacy deficits

☒ Emotional identification with minors

☒ Negative social influences

☒ Lifestyle instability

Attachment Disruptions & Maladaptive Schemas

☒ Lack of concern for others

☒ Criminal attitudes, beliefs & peers

☒ Hostility or grievance thinking

Self-regulation Difficulties

☒ Impulsivity

☒ Anger management

☒ Poor problem solving

☒ Negative mood states

☒ Resistance to Rules

Maladaptive Coping

☒ Sexualized coping

☒ Substance abuse

☒ Aggression

TIC SOTX 2022TIC (c) Levenson 2022. levenson.jill@gmail.com32

32

HOT OFF THE PRESS

Exploring risk for sexual recidivism and treatment responsivity through the lens of early trauma Willis & Levenson (2021, in press).

ACE scores were retrospectively coded from files of adult men receiving community-based assessment and/or treatment in NZ for sexual offenses against children (*N* = 491).

Aims:

(i) Examine relationships between ACE scores and static and dynamic risk assessment scores

(ii) Examine whether ACE scores differ between treatment completers versus non-completers

(iii) Examine whether ACE scores predict treatment noncompletion.

Findings:

1. Although effect sizes were generally small, static risk and general self-regulation dynamic risk factors correlated positively with ACE scores

2. ACE scores were higher for treatment non-completers versus completers

3. Higher dynamic risk assessment scores and ACE scores increased the odds of treatment non-completion.

TIC SOTX 2022TIC (c) Levenson 2022. levenson.jill@gmail.com33

33

Childhood trauma and adult offending

TIC SOTX 2022TIC (c) Levenson 2022. levenson.jill@gmail.com34

34

| Criminogenic Needs | TX Needs | TX Goals |
|--------------------------------------|--|--|
| Antisocial Temperament and Behaviors | Impulsivity, aggression, Recklessness | Build Self-Management Skills |
| Antisocial Attitudes | Criminal thinking, lack of empathy | Reduce anti-social thinking and build up prosocial identity |
| Antisocial Associations | Friends and social circles | Replace negative peers with prosocial associations – GROUP is prosocial! |
| Substance Abuse | Alcohol, drug use & self-medication | Enhance coping strategies |
| Lack of positive support systems | Family dysfunction & social deficits | Teach and model relational skills |
| Lifestyle Instability | Stressors, Chaotic environment housing, employment | Enhance self-efficacy in work, school, housing, and relationships (stakes in conformity) |
| Lack of Prosocial Leisure Activities | Absence of fun, job, connections | Positive recreational activities, hobbies, sports, relaxation = joy |

(Andrews & Bonta)

TIC SOTX 2022TIC (c) Levenson 2022. levenson.jill@gmail.com35

35

Strengths & Protective Factors

de Vries Robbé, M., Mann, R. E., Maruna, S., & Thornton, D. (2015). An exploration of protective factors supporting desistance from sexual offending. *Sexual Abuse*, 27(1), 16-33.

• Healthy Sexual Interests

• Capacity for Emotional Intimacy

• Constructive Social and Professional Support network

• Goal Directed Living (self-control)

• Good problem solving skills

• Engaged in Employment or Constructive Leisure Activities

• Sobriety

• Hopeful, Optimistic and Motivated Attitude for Desistance

TIC SOTX 2022TIC (c) Levenson 2022. levenson.jill@gmail.com36

36


Do we always have to pathologize?
(Charles Samenow, MnATSA Conference, 4/23/21)

| "Symptom" | Possible Explanation/Diagnosis |
|---|---|
| masturbation twice daily | sexually active |
| extramarital affairs | existential dilemma about aging or marriage |
| wants partner sex daily | sexually active; possible personality disorder |
| enjoys s/m | desire for intense stimulation or bonding; possible bipolar disorder |
| inappropriate come-ons | socially inept; possible narcissism or asperger's |
| exhibitionism | sexually active; possible OCD |
| wants non-monogamy | adventurous; possible borderline |
| straight, married, cruises public bathrooms | conflicted about orientation; committed to marriage |
| fetish behavior | self-aware; possible OCD |
| commercial sex | committed to marriage; social anxiety |
| internet pornography | sexually active; dissatisfied with partner sex; Committed to marriage; possible depression |

37

Case Conceptualization:
How does early adversity
translate into sexual assault?*

- Early conditioning experiences for maladaptive coping
- Emotional congruence with children – less threatening
- Deprivation breeds entitlement
- Poor Role modeling of healthy boundaries
- Learned behavior about misusing power differential to get what you want
- Sex = Love
- Adaptive? Normalized?




- Sexualized coping
- Hyperarousal = Hostility / Aggression
- Intimacy / Empathy Deficits
- General self-regulation
- Sexual self-regulation
- Emotional self-regulation

*Using sexual assault to meet emotional and social needs


38

Case Example: Only



39

Case conceptualization



- Drawn to vulnerable, dependent people
- Identity construction around being a caretaker
- Attracted to boyhood; those who have the teen life he was denied
- South American; gay stigma; need for secrecy / secret relationships
- Can't be publicly gay
- Won't be outed
- Catfished!

40

TIME FOR A BREAK



41

SOTX Treatment Goals and Evaluating TX Progress

Levenson & Morin, RTF4 (2021)

- Traditional: Sex offense specific focus on the behavior

Accountability

Offense-related Thinking Errors & Cognitive Reframing

Victim Impact

Relationship and Communication Skills

Relapse Prevention

- TIC: Sex offending through the lens of relational patterns

Not just offense culpability

Offense related distortions AND maladaptive schemas

Perspective taking & Empathy building

Healthy communication in Real Time

Self-regulation: General, Sexual & Emotional

42

One Size Does not Fit All!

- Though workbooks and treatment manuals can be helpful, overemphasis on rigidly standardized programming can undermine the principles of psychotherapy, which require flexibility to respond to unique client needs as they present themselves in the therapeutic encounter (Levenson, Willis & Prescott 2018).

The Common Factors Of Psychotherapy

Barry Duncan
https://www.researchgate.net/figure/The-Common-Factors_fig1_289252356

Client/Life factors (96%) (includes unexplained and error variance)

Feedback effects 21%-42%

Treatment effects 14%

Alliance effects 36%-50%

Model/Technique: Specific effects (model differences) 7%

Model/Technique: General effects (ritual and ritual, client expectancy (hope, placebo), and therapist allegiance 28-7%)

Therapist effects 30%-57%

43

Group Therapies help build resilience:
Risk Reduction, Relapse Prevention, &
Well-being Enhancement

Peer Support

- Validates Feelings
- Challenges distorted thinking about oneself and the abuse
- Decreases isolation
- Allows mentorship & Leadership
- Education / information
- No Judgement
- I can get help and also help others!

44

Group Dynamics & Facilitator Skills

For some clients...

Group is the most intimate relationship they've ever had.

45

Process over content

- Content – what is being said, talked about, discussed.
- Process – How the group members are communicating, interacting, taking roles
- Group member style often reveals relational themes and patterns reflective of family of origin dynamics
- Expectations, interpretations, attributions & reactions

46

Denial & Accountability

IT'S NOT DENIAL
I'M JUST VERY
SELECTIVE
ABOUT THE
REALITY
I ACCEPT

Denial is a defense mechanism...

Designed to cope with an uncomfortable reality that seems apparent to others.

47

The language of Accountability: Beyond Offense Culpability

- Natural consequences of one's own decisions
 - This outcome is a result of my choice
- Focus on the behavior, not the person
 - I did a bad thing, I am not a bad person
- Help Clients Develop Internal Locus of Control
 - Serenity Prayer – What can I change / control; accepting things we cannot change
- Ownership and Empowerment
 - If I own it I can change it (vs: if things happen TO me, nothing I can do about it)
- Possibility of Redemption
 - When I act with respect and responsibility others respond to me differently
- Be a role model as a flawed human
 - People makes mistakes! And it is OK to apologize!

48

RAPE MYTHS



Facilitation Skills:
Accountability



TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

49

49

First things first: Own my part.
Second: Giving it back to the group.

Since no one else is here because you were falsely accused, I'm wondering why you were more invested in convincing me that Nick's story was true than in helping Nick explore which parts of the story had truth to them, and how he ended up here.

I'm wondering if you can help Nick check whether he's having trouble being honest with himself?

I'm wondering if we can ask Nick more about what happened in order to help him identify where he might have had trouble regulating his behavior?

If Nick isn't being entirely forthcoming, how is your response helpful to him in the long run?

TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

50

50

Empathy is a Skill:
Strategies for Empathy Building

1. Model empathy to clients

- Convey understanding of experience
- Use feeling words
- Validate emotions and thoughts

2. Coach clients to respond to each other with empathy in group sessions
"What do you think Guy was feeling when that happened?"

3. Discuss client's experiences as victims

4. Videos, news clips, current events, case scenarios

4 Elements of Empathy
(Theresa Wiseman)

See Their World

Appreciate Them As Human Beings

Judgment

Understand Feelings

Communicate Understanding

TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

51

51

EMPATHETIC LISTENING
(I WANT TO HEAR YOU)

DISMISSIVE LISTENING
(I WANT TO FIX YOU)

I'M LISTENING

THAT SOUNDS HEAVY

WHAT DID THAT MAKE YOU FEEL?

HOW CAN I SHOW UP FOR YOU MOVING FORWARD?

IS THERE MORE?

INSTEAD OF

WHAT IF YOU TRY THIS?

THE SAME THING HAPPENED TO MY FRIEND

IT COULD BE WORSE

OH! YOU SHOULD READ/ LISTEN/ FOLLOW

YOU'LL BE FINE!

GET TOTALLY SET IF ONE TIME

TIC SOTX 2022


© KEELEY SHAWART

52

52

Group TX:
Shared Humanity,
Peer Support

Less Confrontation,
More Connections



TIC SOTX 2022

53

53

Relationships & Communication

Boundaries

Conflict Resolution

Listening Skills

"I statements"

Negotiation

Compromise

Anger management

Assertiveness skills

Content:
Workbooks and Exercises

Process:
Interaction in Real Time.

Show, don't tell.

TIC SOTX 2022

TIC (c)Levenson 2022. levenson.jill@gmail.com

54

54

Advanced TIC Skills for SOTX

9

TX = Relationships in Real Time

- Recognizing own role in relationship problems
- Basic beliefs about relationships
- Self-defeating styles of relating to others
 - Patterns and Themes repeat themselves across various types of relationships, including in the tx / group
- Intimacy Deficits
- Boundaries
- Conflict resolution

Relationship Problems often reflect disordered attachment styles.

Corrective Relationships build healthy skills.

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

55

Diagram illustrating Childhood Trauma and its associated beliefs and responses:

- It's scary to open up about attraction to minors, isn't it?
- Lack of trust
- Anxiety about performance appraisal
- You're kind of quiet in group... want to share?
- You look uncomfortable... what's it like when he disagrees with you?
- Jack, can you help the group stay on track tonight?
- Poor Team Player
- Response to Authority Figures
- It seems like you're trying to intimidate me. I wonder why?
- How did you feel just now when Jack kept interrupting you?
- What would you be without your anger?
- Distress intolerance
- Trouble with boundaries

Central node: Childhood Trauma

Arrows indicate relationships between these concepts.

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

56

Collaboration & Shared Power

- Dialogue
- Collaboration
- Negotiation
- Compromise
- Cooperation
- Sharing
- Taking Turns

How did YOU learn about shared power?

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

57

Early Maladaptive Schema

Beliefs about Self Others The world
That relate to many different domains of life or relationships

Offense-supportive beliefs

- Minimization
- Rationalization
- Denial
- Justification
- Victim blaming
- Entitlement

Cognitive Distortions: the "Why Lie"

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

58

Young & Klosko - Schema Therapy

The diagram shows a flow from 'Early maladaptive schemas' (e.g., Punitive parent, Failure, Defectiveness/shame, Emmeshment, Pessimism/worry, Emotional deprivation) through 'Coping modes' (e.g., Surrender coping, Avoidant coping, Detached protector, Detached self-soother, Overcompensation, Restricting, Overcontrollers) to 'Schema healing' (e.g., Cognitive review, Mode dialogues, Pattern breaking, Self-awareness, Reparenting, Abandonment, Mistrust/abuse, Subjugation).

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

59

*Paul stated that he was in "relationships" with his underage victims prior to his offending.
He said that he "never hurt them" and that the sex was "entirely consensual."*

"You can't have a relationship with a 10-year old girl!"

"You're making excuses"

"Kids can't consent!"

"That's victim-blaming!"

TIC SOTX 2022


TIC (c) Levenson 2022. levenson.jill@gmail.com

60

Adverse experiences promote the development of maladaptive schema. What are they?

- Paul (32) is the youngest of four children and described himself as the "dumb one" of the family. Paul stated that he was as a "mistake." He said that his mother didn't want him and that she was only nice to him when he did things for her.
- Paul had a good relationship with his father, but his father worked long hours and wasn't at home much.
- He was sexually abused by an older female (family friend), and said there were positive aspects to this experience. Paul stated that his abuser gave him attention that no one else did, and he believed she genuinely cared for him.

- Paul was bullied by his brothers and peers, and described himself as a loner with few close friends.
- Paul adamantly states that he prefers the company of kids because they don't "hurt" him or "let him down" like adults "always do".
- Youngsters make him feel special and important.
- He insists he would never hurt a child.



Cognitive Dissonance

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

61

EMS: Themes

- Self
 - I'm not smart
 - I wasn't wanted
 - I feel like I'm not good enough
 - I expect that peers won't respect me
 - My needs get ignored
 - I'm not really important to others
 - I am vulnerable to being hurt by others
 - If I acknowledge the harm of my own abuse, what does that say about me and my abuse of others?

- Others
 - Love is conditional
 - People are dangerous
 - People meet my needs only when I serve theirs
 - I exist for others, but others aren't there for me
 - I expect others to let me down
 - Sex is the way to gain human connection
 - Sexuality with someone who is nice to me makes me feel cared for

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

62

Paul, I can see how you came to understand the world the way you do. It makes sense when we hear about your life as a child. For a start, sex between adults and children was normalized. In fact, the sexual abuse was really the most nurturing relationship you had as a child.

It also seems that what you're experiencing right now, here in this group, isn't too different.

Use group process as a skills-building opportunity for everyone.

Explore distorted themes of:

- Inferiority
- Vulnerability
- Avoidance of peers
- Closeness is danger
- Pursuit of non-threatening others

Adaptive themes:

- Sexualized coping, need to hear, without teasing, or belittling.
- Sexualization of intimacy.
- Boundaries between adults and children
- Emotional congruence


TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

63

Reframing Relapse Prevention...


FROM....



Offense-Specific in the context of paraphilic interests, cycles, and life-long risk to re-offend

(Times have changed)

TO



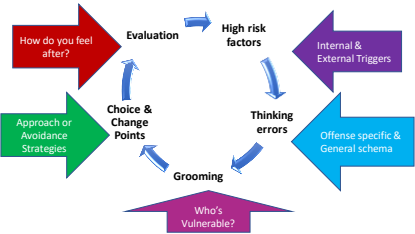
Offense-related in the context of more general self-regulation patterns

TIC SOTX 2022

BB S. Levenson, PhD, LCPW, 2021

64

Sexual Behavior Cycles and Patterns (if applicable)



```
graph TD; A[How do you feel after?] --> B[Evaluation]; B --> C[High risk factors]; C --> D[Internal & External Triggers]; D --> E[Thinking errors]; E --> F[Offense specific & General schema]; F --> G[Who's Vulnerable?]; G --> H[Grooming]; H --> I[Choice & Change Points]; I --> J[Approach or Avoidance Strategies]; J --> A;
```

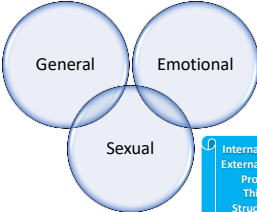
TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

65

Relapse Prevention as Self-Regulation

When we focus only on sexual re-offending or risk-avoidance, we miss opportunities for clients to explore other self-regulation patterns.

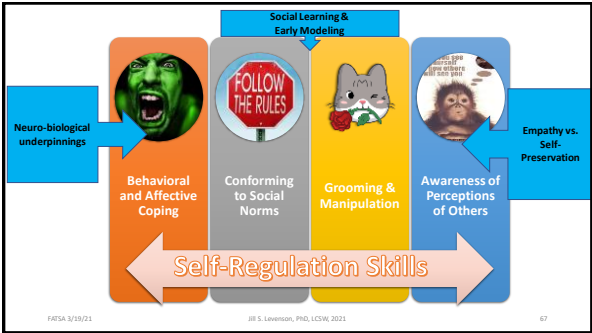


Internal Self-Control vs. External / Social Control
Problem-Solving
Thinking Ahead
Structure & Routine

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

66



67

Sex is never just about physical gratification... many psychosocial / emotional needs are met through sex.

What were the needs you were getting met by sexual offending?

How can you meet those needs in healthy, non-victimizing ways?

- Attention
- Affection
- Closeness
- Empowerment
- Control
- Felt wanted or desired
- Acceptance & Belonging
- Felt special or important
- Avoid vulnerability
- Avoid intimacy
- Other....

Small text at the bottom: 68

68

Relapse Prevention Plans

Healthy Technology Use

WHO
WHAT
WHERE
WHEN
HOW
WHY

Healthy Sexuality

- Understanding of past offending
- Avoid Triggers & Risk Factors
- Recognize and Avoid Grooming
- Identify & Change Thinking Errors
- What are your Choice Points?
- Keep Motivations in Mind
- Meet Needs in Healthy Ways
- Pay it Forward

Living a Clean Life: SOAP

- Stable
- Occupied
- Accountable
- Plans

Small text at the bottom: Levenson 2015, 69

69

Relapse Prevention:
Not Just Avoidance

Build a Better Life

- Recognize Risk Domains
- Recognize & Change Thinking
- Improve Intimacy Skills
- Enhance Problem Solving
- Self-Efficacy
- Improve Coping Skills
- Get Needs Met in Healthy Ways
- Live within your value system
- Be the Person you Want to Be

Small text at the bottom: TIC SOTX 2022, TIC (c) Levenson 2022, levenson.jill@gmail.com, 70

70

Write down three things that you learned today that help you put TIC into SO evaluation & treatment practice.

Small text at the bottom: TIC SOTX 2022, TIC (c) Levenson 2022, levenson.jill@gmail.com, 71

71

TIME FOR A BREAK

Small text at the bottom: TIC SOTX 2022, TIC (c) Levenson 2022, levenson.jill@gmail.com, 72

72

Build Resilience:

Dealing with
Crisis Effectively,
Coping Skills, &
Adapting to
change.

It's never too late.
Be the relationship that helps change a life!

GOAL
SETTING
WITH
REALISTIC
expectations

SELF
ESTEEM

LEARNING
from their
MISTAKES

Understanding
of their own
strengths and
weaknesses

ACCEPTANCE

WILLINGNESS to
OVERCOME
DIFFICULTIES
rather than
AVOID
PROBLEMS

SELF-
CONTROL

OPTIMISTIC
thinking
PATTERNS

SOCIAL SKILLS
AND ABILITY TO SEEK
ASSISTANCE
FROM OTHERS

Ability to
RECOGNISE
their own
EMOTIONS
and those
of others

problem
SOLVING
SKILLS

RESILIENCE

73

TIC is a Corrective Emotional Experience

I believe in you!

Occurs when we respond differently

From others in the client's life

I support you!

You are more than just the worst thing you've done!

Shared Humanity

This is a safe place to be honest and real and get help!

74

Negative Process & Therapeutic Rupture

When we respond to clients with anger, emotional withdrawal, or subtle rejection

Re-enacts and reinforces client's expectations and maladaptive coping.

Occurs when therapist fails to respond effectively to clients' resistance or hostility.

Healthy Relationships Engage in Rupture & Repair (Don't Bully the Bully)

75

Clients repeat their relational patterns and they show up in therapy.

Recognize And Respond to Relational Themes.

Clients create what they expect.

Inaccurate in perceptions of self and others

Restricted or unregulated emotions

Eliciting Maneuvers

Core Schema

Inflexible coping

To ward off anxiety and bring about predictable responses

76

Let's explore that...

Why do you think you reacted that way?

That's about them, what about you?

Why did you interpret it that way? Are there other ways to interpret?

What did it seem to mean about you? About someone else?

What were the pros and cons of how you reacted?

How might you have wanted to react differently?

What were you thinking or feeling?

Did those thoughts or feelings seem familiar?

When have you felt that way before?

Do you think there's any truth to... (what someone said about you)?

77

For instance, a client came to a session sullen and quiet, which was unusual. Notice... Ask... Listen.

"Last week I brought something up, and I felt like the group ignored it and took our conversation in a different direction...I felt angry, shamed, and dismissed...Why did that happen? It was important to me to discuss the topic, and I wanted you to help me process that."

The client had interpreted that to mean that others were uninterested in his ideas

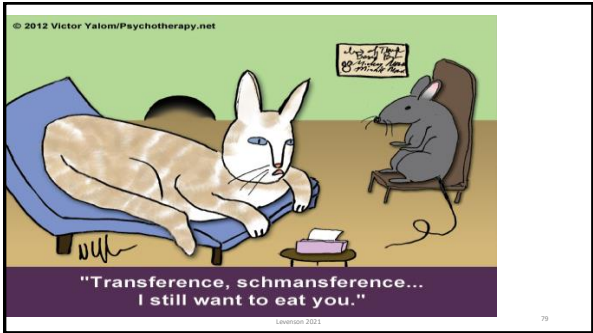
The trauma-informed therapist will non-defensively go back to the topic, but then also return to the process.

"I'm glad you told us you felt dismissed. Why do you think you didn't bring it up at the time? How did it feel to let us know how you felt today? Are there other people in your life you feel dismissed by? What do you usually do when that happens?"

78

Advanced TIC Skills for SOTX

13




79


Trauma-informed and Trauma-specific

Principles not methods:


Think outside the box!




TF-CBT
DBT
12-Steps




EMDR, RRT,
ART




Mindfulness



Crisis
Intervention &
De-Escalation



Expressive Arts



Somatic (Yoga
or Progressive
Muscle
Relaxation)

TIC SOTX 2022

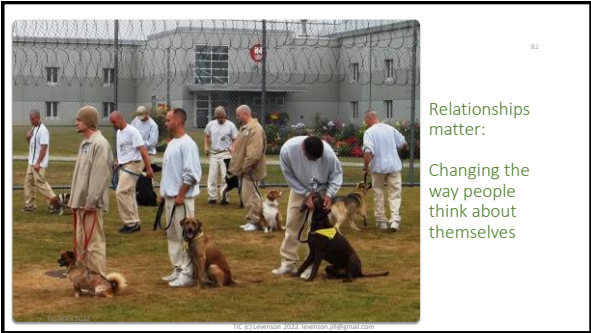
TIC (c) Levenson 2022. levenson.jill@gmail.com

80

80



81



82



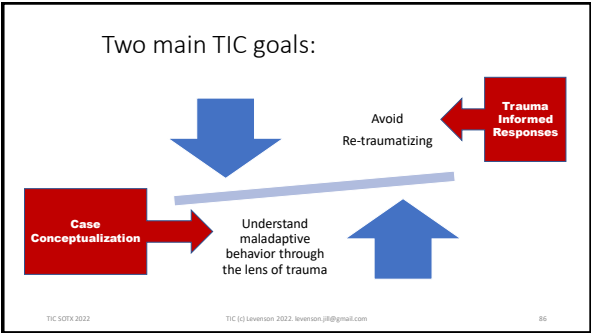
83



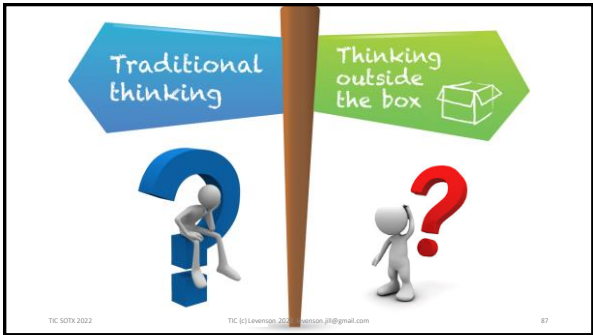
84



85



86



87

TIPs: Trauma-Informed Practices (Levenson, 2020)

| | | |
|---|---------------------------|--|
| Conceptualize Cases through the Trauma Lens | Use Person-First Language | Create safe spaces: physical & psychological |
| Ask, Don't Tell | Reframe Resistance | Avoid Confrontation |
| Coach De-escalation, Self-Regulation, and Relational Skills | Collaboration | Model Shared Power |

88

TIC (c) Levenson 2022

| SAMHSA's Model of TIC | | |
|-----------------------|-----------------------------|--|
| 3 Es | 4 Rs | 6 Key Principles |
| 1. Events | 1. Realize | 1. Safety |
| 2. Experience | 2. Recognize | 2. Trustworthiness & Transparency |
| 3. Effects | 3. Respond | 3. Peer Support |
| | 4. Resist Re-traumatization | 4. Collaboration & Mutuality |
| | | 5. Empowerment, Voice & Choice |
| | | 6. Cultural, Historical, Gender relevant |

TIC (c) Levenson 2022. levenson.jill@gmail.com

89

Listen with curiosity and compassion. Treat everyone with Patience, Kindness & Respect.

90

Bibliography

- Andrews, D. A., & Bonta, J. (2010). Rehabilitating criminal justice policy and practice. *Psychology, Public Policy, and Law*, 16(1), 39-55.
- Bloom, S. L. (2013). *Creating sanctuary: Toward the evolution of sane societies*. Routledge.
- Covington, S. S., Burke, C., Keaton, S., & Norcott, C. (2008). Evaluation of a Trauma-Informed and Gender-Responsive Intervention for Women in Drug Treatment. *Journal of Psychoactive Drugs*, 40(sup5), 387-398. <https://doi.org/10.1080/02791072.2008.10400666>
- Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Koss, M. P., & Marks, J. S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) study. *American Journal of Preventive Medicine*, 14(4), 245-258.
- Harris, D. A., & Levenson, J. S. (2020). Life on "the List" is a Life Lived in Fear: Post-Conviction Traumatic Stress in Men Convicted of Sexual Offenses. *International Journal of Offender Therapy and Comparative Criminology*. <https://doi.org/10.1177/0306624x20952397>
- Levenson, J.S. & Morin, J.W. (2021). *The Road to Freedom*, 4th Edition. [A workbook for sex offenders in treatment]. Distributed by Safer Society Press: Brandon, VT.
- Levenson, J.S., Willis, G., & Prescott, D. (2017). *Trauma informed care: Transforming treatment for people who have sexually abused*. Safer Society Press: Brandon, VT.
- Levenson, J. (2020). Translating Trauma-Informed Principles into Social Work Practice. *Social Work*, 65(3), 1-11. <https://doi.org/10.1093/sw/swaa020>
- Levenson, J. S., & Willis, G. M. (2019). Implementing Trauma-Informed Care in Correctional Treatment and Supervision. *Journal of Aggression, Maltreatment & Trauma*, 28(4), 481-501. <https://doi.org/10.1080/10926771.2018.1531959>
- SAMHSA. (2014). SAMHSA's concept of trauma and guidance for a trauma-informed approach. Substance Abuse and Mental Health Services Administration.
- Shapiro, F. (2018). *Eye movement desensitization and reprocessing (EMDR) therapy*. Guilford Press.
- van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Penguin.

TIC SOTX 2022

TIC (c) Levenson 2022. levenson.jill@gmail.com

91

