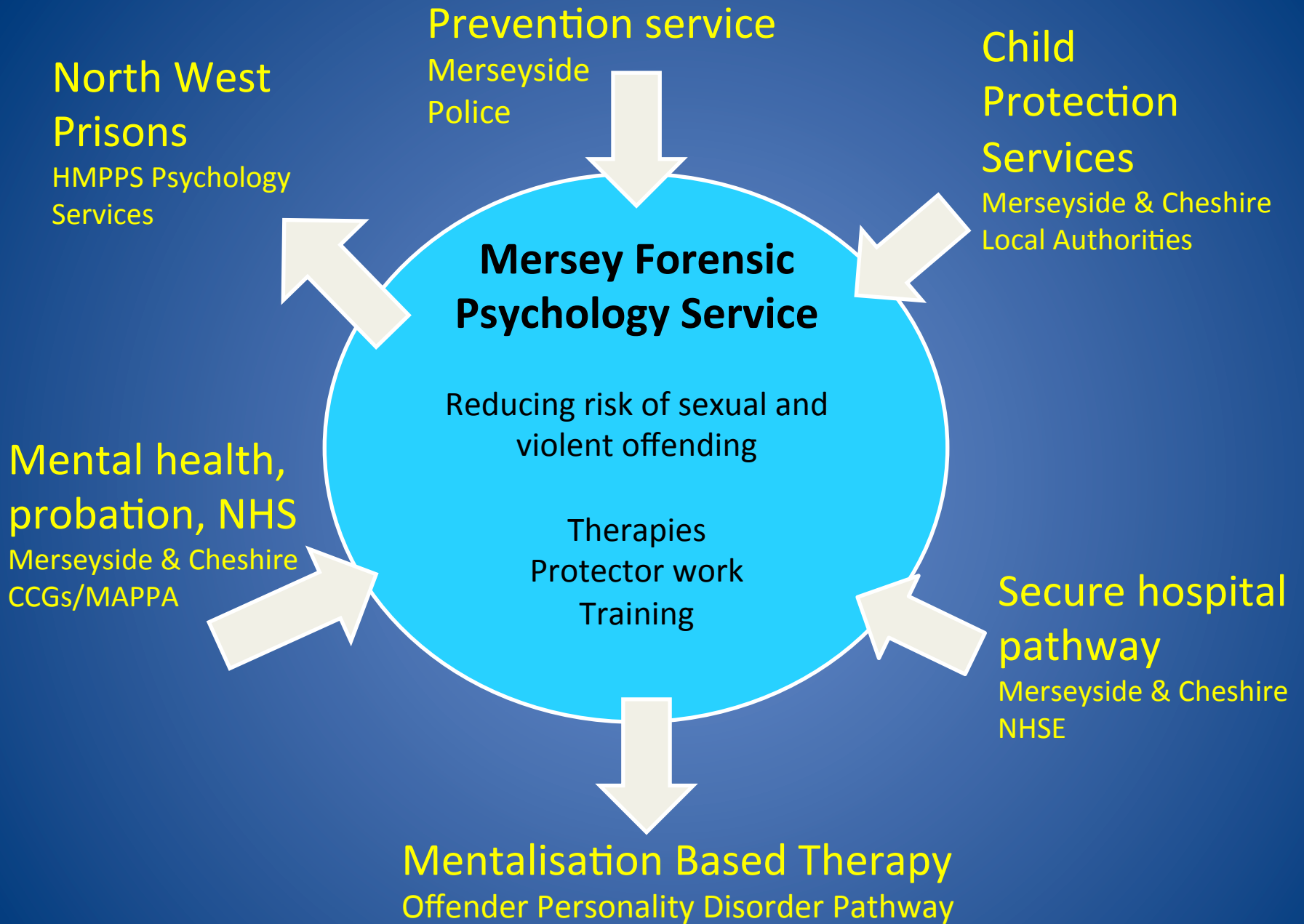


Developing a prevention service: origins and challenges

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MFPS Approach to sex offender intervention

- Address the underlying emotional processes linked to offending behaviour – more efficient
- Lack of change in underlying feelings linked to re-offending
- Use therapeutic methods that have been found to change problematic feelings in mental health settings
- Most effective methods of change identify the origin of the feelings
- Re-processing of early experiences leads to enduring emotional change
 - Schema Therapy
 - EMDR
- Psychological change rather than risk management

Core sex offender intervention

Phase 1

Group - Offence focused

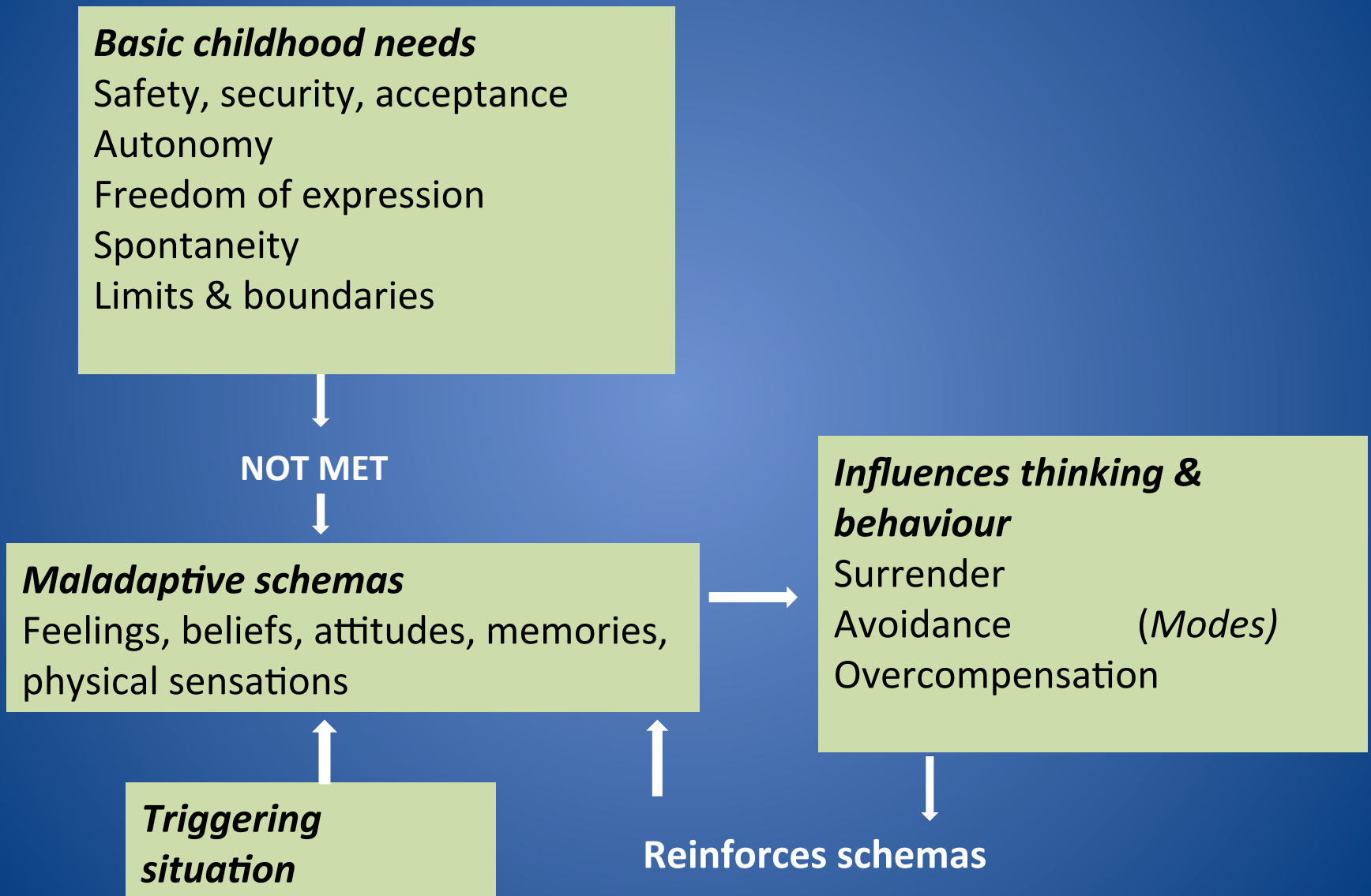
Phase 2

Group – self formulation – *Schema Therapy approach*

Phase 3

1-1 therapy – long term psychological change
- *ST, EMDR, other methods*

Schema therapy in a nutshell



What does Schema Therapy add to sex offender treatment?

Enhances understanding of, and emotional connection to, the causes of offending

Reduces shame, allowing for more self examination

Identifies specific targets for interventions

Weakens the underlying emotional processes linked to offending

Makes learning more accessible

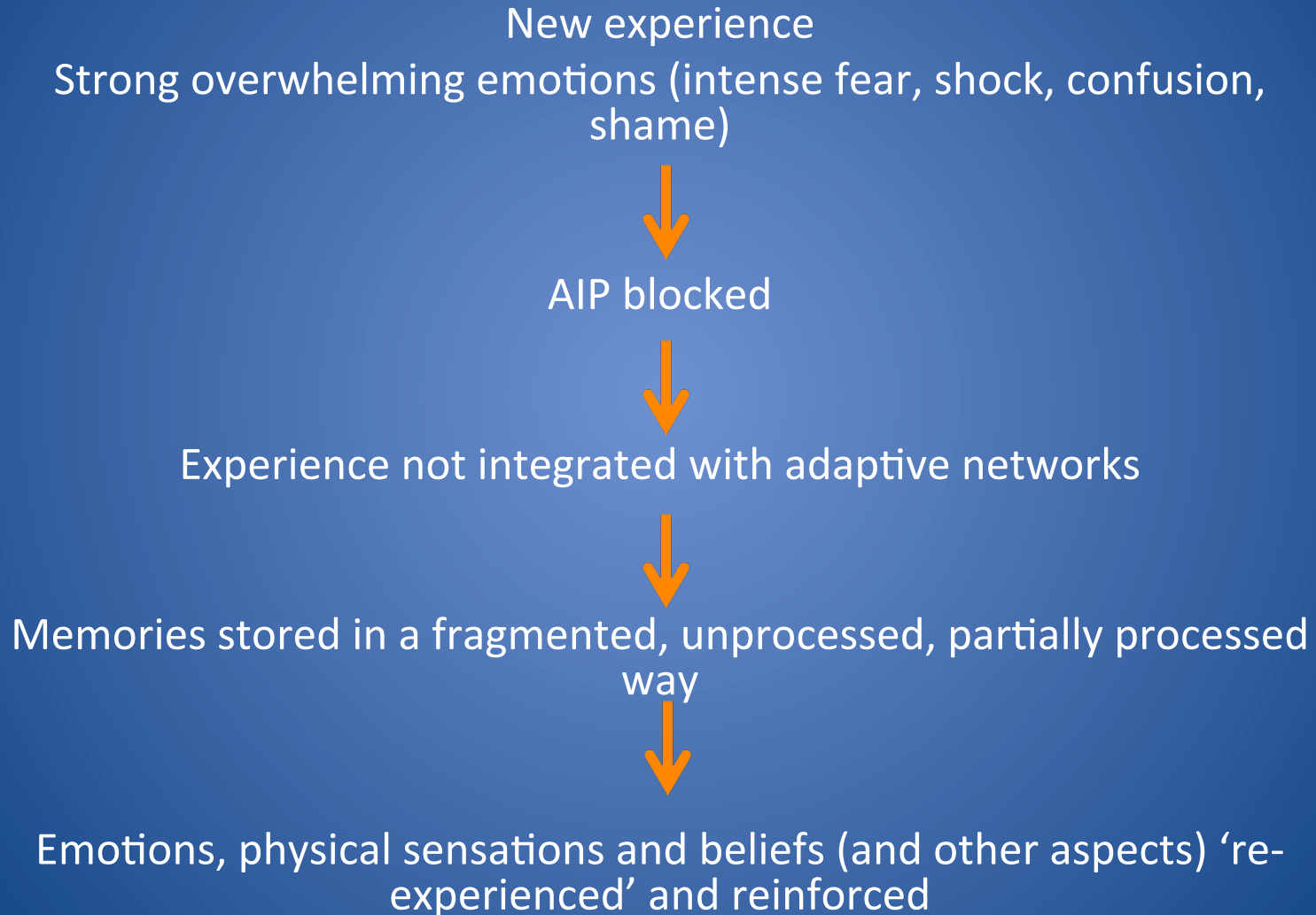
Methods of change

- Chair work: change dynamics between different modes > strengthen healthy adult
- Imagery re-scripting: re-processes the experiences linked to the origin of the schemas and modes > weakens schemas
 - Activate the schemas and modes involved in offending – live in the room
 - Working directly on relevant feelings, attitudes, beliefs
 - Re-process the childhood experiences > change the feelings and beliefs
- Limited re-parenting

What does EMDR (Eye Movement Desensitisation Reprocessing) add to sex offender treatment?

- Changes the effects of traumatic experiences (emotions, physical sensations, beliefs)
- Based on Adaptive Information Processing model (AIP) (naturally occurring process)

Traumatic experience



Traumatic memory blocked at a neurophysiological level
Present situation triggers feelings and thoughts of the original
unprocessed event



EMDR

Bilateral dual attention stimulation – access all aspects of the
memories. Allows AIP to take place



Reconfiguring of neurophysiological state - transformation



ADAPTIVE RESOLUTION

New Prevention Service

- Developed in collaboration with Merseyside Police
- Pilot service, which involves both individual and/or group work run over a period of approximately 6 months.
- For individuals who have an attraction to children or engage in sexually inappropriate activities in order to prevent them from offending
- 20 places available
- Based in Liverpool
- Male adults aged 18+.
- Free to referrers/service users

Challenges

- What might it be different about working with these clients as opposed to offenders?
- Managing risks - Police and Safeguarding
- Demanding process /consequences
- Voluntary
- Publicity
- Referrals

Summary

- Developed using ideas and experience taken from running a service for sex offender intervention
 - CBT based interventions alone may not produce change in the emotional and sexual factors linked to risk of sexual offending
 - Other approaches, particularly EMDR and Schema Therapy can be used to produce this change
- Still early days - number of challenges
 - eg referrals, safeguarding
- Evaluate