Different Roles, Same Goals: Preventing Sexual Abuse
2016 ATSA Conference | Friday November 4 | 1:30 PM - 3:00 PM

F-20

Addressing Deviant Sexual Arousal: A Multi-Disciplinary Approach

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The proposed workshop will address issues associated with the management of deviant sexual arousal including both psychological interventions and pharmaceutical approaches. To date there has been limited research on pharmacological interventions in the treatment of deviant sexual arousal that meet even minimum methodologically rigorous standards. Issues associated with small samples, high dropout rates and lack of information regarding the impact that such interventions might have on subsequent recidivism have plagued this research area. With reference to psychological interventions that address deviant arousal there exists a somewhat more developed research base. Nonetheless, even with reference to this literature base much of the research relates to comprehensive programs that address deviant arousal as one module among many included in such programs. As such, it is difficult to determine the impact of treatment directed at deviant arousal specifically, independent of other treatment modules. The purpose of this workshop is to both review the existing research with reference to pharmacological and psychological interventions designed to address deviant arousal and then to discuss some practical examples of how treatment of this complex area might be accomplished in practice. Recent research findings by our team in relation to the impact of the combined use of leuprolide acetate (Lupron) and cognitive behavioural treatment in the management of high risk sex offenders residing in community settings will be presented to illustrate some of the points that are made.

Learning Goals and Objectives:

- To review several psychological treatments used with reference to the management of deviant arousal.
- To review research related to pharmacological approaches in the management of deviant arousal
- To present some data from our team related to the effectiveness of cognitive-behavioral interventions (CBT) used in conjunction with sex drive reducing medications versus CBT based approaches alone.
- To discuss why the use of leuprolide acetate (Lupron) may be better in the management of deviant sexual arousal than other pharmaceutical agents.
- To discuss a multi-disciplinary approach to the management of deviant arousal and why such strategies are to be recommended in the management of moderate to high-risk offenders who have been convicted of sexual offences.