Incorporating Trauma-Informed Care into Treatment for Sexual Offending

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Trauma-informed care (TIC) is a person-centered model that focuses on improving client functioning by viewing and responding to maladaptive behavior in the context of traumatic experiences. TIC is grounded in research revealing evidence of the pervasive and enduring nature of adverse childhood experiences (ACE). This workshop will provide an overview of the principles of trauma informed care, the prevalence and correlates of early adversity, the role of trauma in the development of behavioral and relational problems, and clinical strategies for collaborative, strengths-based assessments and trauma-informed counseling interventions. This workshop will help practitioners infuse TIC principles into existing evidence-based CBT interventions, and in doing so enhance responsivity for many clients.

Learning Goals and Objectives:

- Explain the prevalence of childhood trauma and its potential impact on adult self-regulatory functioning and behavior.
- Define core terms and principles of TIC.
- Identify components of trauma-informed assessment and treatment.
- Establish a non-threatening sex offender treatment environment that facilitates trust, emotional safety, and intimacy.
- Respond effectively to trauma-driven relational themes and patterns as they present themselves in individual and group therapy.
- Encourage adaptive skill-building among those who have developed maladaptive skills as responses to traumatic experiences.