

BETTER TOGETHER

2018 ATSA Conference | Wednesday October 17 | 8:30 AM – 5:00 PM

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Working Through Trauma and Harmful Sexual Behavior: Developing Skills for Everyday Life

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A DBT approach combined with recreational therapy with clients and with staff places a greater emphasis on improving the skills related to improved intrapersonal and interpersonal skills (Brown, J. F., et al., 2013). DBT and recreational therapy together offers a strengths based approach that targets the major areas of concern that youth with harmful sexual behaviors display: guilt, shame, anxiety, anger, dysregulation, and self-esteem. The addition of mindfulness training and experiential learning, allows for a more complete whole-person treatment model to increase emotional regulation and competency (Singh, N. N., et al 2011). Using experiential learning as a major tool within this model also addresses the language based deficits that youth display.

To change behavior, we need to work bottom up, and all the awake hours of a day. To learn new skills takes a lot of time. It's our obligation to use RNR fully to design our interventions to fit that client and his/her needs and to make it possible for the client to develop, challenge and practice in a safe environment with staff that can guide and supervise.

Learning Goals:

- Present the theories of DBT – skills training and Recreation Therapy.
- Present a way off assessing what specific, individualized skills which needs to be targeted in treatment for a certain client.
- How to make the intervention plan work in an everyday setting.
- Facilitate a meaningful discussion about the practical applications of this model into various treatment settings.
- Understand how to incorporate individualized skills training interventions in everyday life to help the client's to handle and decrease symptoms as well as developing new skills.
- Understand how and what you need to do to be able to assess which interventions the client needs and why.

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Anette Birgersson started working in social services 1997 after graduating from university. The first year in in a community based setting, since 2002 in a private company providing both inpatient and outpatient treatment. She is a licensed Cognitive Behaviour psychotherapist and have been practicing as such since 2003 and got her license in 2015. In 1998 she started to work with children and adolescents with sexual harmful behaviour and have kept on doing that. She is trained in CBT (Stockholms university and Lunds university in Sweden), DBT, TF-CBT, PE, EMDR, ERGT and has developed a program for treating sexually abusive youths and children. She has also been a guest lecturer at universities in Sweden, as well as been a facilitator at workshops and training events. She does trainings and educate professionals and students about young sex offenders and sexualised behaviours in children and adolescents, she also trains within the program, ERASOR - Estimate of Risk of Adolescent Sexual Offense Recidivism, TF-CBT and DBT. Anette is a member of the Board of Directors for the National Adolescent Perpetration Network, a member of the Board of Directors for the Swedish TF-CBT Association, and a member of the ATSA International and Juvenile Practice committees.

Christin Santiago-Calling is the Director of Recreation Therapy for the Whitney Academy, and has been for 12 years. In that role, she has developed innovative therapeutic activities to foster personal and interpersonal growth in the youth served. She has presented this topic to clinical audiences across the United States, Canada, Scotland, England, Wales, Norway and Sweden. Prior to working at the Whitney Academy, Christin has worked with youth in clinical settings, incorporating outdoor adventure programming to develop self-esteem and success in her clients. She attended the University of Connecticut to achieve a BS in Therapeutic Recreation, and is a Board Certified Therapeutic Recreation Specialist by the National Council for Therapeutic Recreation Certification. Christin is also a member of the Board of Directors for the National Adolescent Perpetration Network.