

BETTER TOGETHER

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

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From Surviving to Thriving When Working with Sex Offenders: The Challenge of Change (C of C) Resilience Training™

Jo Clarke, PhD
Petros

The provision of therapeutic services to sex offenders is a recognized critical occupation; one where there is a high risk of exposure to traumatic events or material that may exert critical pressure on the psychological well-being of those within it.

The C of C is an evidence-based intervention designed to enhance resilience, performance and well-being. It introduces a highly effective four-step strategy to develop a detached coping style and prevent stressful responding. Detachment is a significant predictor of resilience and adaptive capacity in criminal justice staff, including those treating sex offenders.

Participants will benefit from a personal resilience profile, a workbook, and various other training materials.

Learning Goals:

- Upon completion of this educational activity, learners should be better able to define the difference between pressure and stress.
- Upon completion of this educational activity, learners should be better able to identify the habits associated with stressful responding and the habits associated with resilience.
- Upon completion of this educational activity, learners should be better able to understand the harmful impact of rumination and how to reduce it.
- Upon completion of this educational activity, learners should be better able to articulate the meaning and practice of detached coping.
- Upon completion of this educational activity, learners should be better able to apply the principles of detachment to communication.
- Upon completion of this educational activity, learners should be better able to identify the potential health benefits of detached coping.

Professor Jo Clarke has extensive experience working in a diverse public sector organization, as well as a range of private and charitable organizations as a clinician, trainer, consultant and researcher. Her early career was spent delivering treatment to sex offenders, contributing to the development of psychological interventions, specializing in the treatment of sexual murderers, and the training and supervision of treatment providers. Motivated by this professional as well as personal experience, Jo

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completed a PhD in 2003, examining the psychosocial impact on criminal justice staff of providing therapeutic services to sex offenders. In recognition of the multiple and complex challenges facing staff in critical occupations, Jo has applied the results of this and other research to the development of comprehensive training packages and strategies, designed to support both individuals and organizations in achieving their goals in good psychological health. She is a published researcher and is in demand nationally and internationally to talk and train in the field of resilience. The Challenge of Change is the intellectual property of Derek Roger of The Work Skills Centre and Jo is the European License Holder.

Financial Interest Disclosure:

This is a commercially available program.