

## ***BETTER TOGETHER***

2018 ATSA Conference | Friday October 19 | 1:30 PM – 3:00 PM

**F-34**

### **Caregiver Support Group and Multi-Family Group Therapy Interventions**

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The importance of caregiver involvement in the treatment of youth who have sexually offended is critical to the success of the youth in the therapeutic process. Caregivers need to be involved in every element of treatment, beginning with the formal assessment process, development of the master treatment plan and safety plan, and throughout the course of the youth's therapy. Caregivers are typically involved in family therapy sessions, and some need individual therapy of their own to help them manage issues related to the offending behavior of their youth. However, this presentation will focus on two group-oriented intervention approaches that have been tremendously useful in an outpatient treatment program for youth who have sexually offended.

Caregiver/Parent Support Group participation is a requirement for families in this treatment program, and the Support Group is conducted weekly, concurrent with the youth attending their own treatment group(s). Multi-Family Group Therapy occurs periodically during a youth's treatment and involves youth and their caregivers participating all together in the same group.

Dynamics of each of these group interventions will be explored, specific advantages and disadvantages of each approach will be discussed, unique benefits that arise from Support Group and Multi-Family Group sessions will be identified, and common treatment themes that arise in each context will be highlighted. Feedback from caregivers who have participated in the Support Group will be shared.

#### **Learning Goals:**

- Participants will become aware of the critical importance of working with caregivers when providing treatment to youth who sexually offend.
- Participants will be able to identify some unique benefits, advantages, and disadvantages of Caregiver Support Group and Multi-Family Group therapy interventions.
- Participants will be able to discuss common therapeutic issues appropriate to address in Caregiver Support Group and Multi-Family Therapy Group interventions.

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**Janice K. Church, PhD** is a Psychologist and Professor of Pediatrics at the University of Arkansas for Medical Sciences College of Medicine. She is the Assistant Director of the Family Treatment Program and Adolescent Sexual Adjustment Project at Arkansas Children's Hospital. Dr. Church received her Ph.D. in Clinical Psychology from the University of Louisville. She has conducted numerous workshops on child maltreatment issues at the state, national, and international levels. She is active in state and national professional organizations, particularly those with a focus on child abuse. She is a national trainer for Trauma-Focused Cognitive-Behavioral Therapy and is the current President of Arkansas ATSA.

**Diana Smith, LCSW** has 22 years of experience conducting psychosexual assessments and treatment for youth who have engaged in illegal or problematic sexual behaviors. Also during this time, Ms. Smith has led support groups for parents and other caregivers of these youth and provided individual, group and family psychotherapy for them, for child victims, their parents and other family members, including adult sexual offenders. Ms. Smith has been a clinical member of the Association for the Treatment of Sexual Abusers since 1997.

**Karen Boyd Worley, PhD** is a Clinical Psychologist. She received her doctoral training at Texas Tech University. She is a Professor of Pediatrics for the University of Arkansas for Medical Sciences at Arkansas Children's Hospital. Dr. Worley is the Director of the Family Treatment Program, which provides treatment for families in which there has been sexual abuse. She is also the Director of the Adolescent Sexual Adjustment Project, which provides outpatient assessment and treatment for adolescents who have committed illegal sexual behaviors. Dr. Worley is active on a number of state boards addressing child abuse issues, provides statewide training and consultation, and has several publications on child maltreatment.