

**F-42**

**Considering Trauma in Treatment**

**Trauma-Informed Care: Childhood Adversity, Shame, Self-Compassion and Harm**

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**Introduction:** There has been increased focus on trauma informed interventions. Additionally, there is a greater awareness of the need for research to inform risk assessments and treatment targets in line with trauma-informed care. Links have been made between Adverse Childhood Experiences (ACEs) and later offending behaviours (Levenson & Socia, 2015). Similarly, shame has also been associated with increased risk of offending (Gold, Wolan, Sullivan & Lewis, 2011; Stuewig, Tangney, Kendall, Folk, Meyer & Dearing, 2015). However, research has not explored the interplay between ACEs and other psychological factors, such as shame and self-compassion, and therefore has not identified approaches to reduce the risk of harm linked to ACEs. This research aimed to establish the role that shame, self-compassion and childhood adversity have in understanding risk of harm (e.g. offending behaviours). Therefore, identifying the psychological threads of causation between ACEs and harm to others and additionally specifying potential treatment targets for trauma-informed interventions.

**Methods:** Over 1000 participants, from prison and community-based samples, completed an anonymous survey as part of a larger research project. Within this sample, there were over 200 incarcerated individuals that had committed sexual offences. This survey included valid and reliable measures of ACEs, shame, self-compassion and harm towards others.

**Results:** The study analysed the relationships between shame, self-compassion and childhood adversity and their influence on behaviours that cause harm to others (e.g. offending behaviours) within a sample of individuals that have committed sexual offences. Preliminary results indicate the importance of each of these factors in understanding harm committed against others and identified potential trauma-informed treatment targets.

**Conclusion:** This research advances our understanding the link between ACEs and later harm committed against others in a sample of individuals that have committed sexual offences. It also identifies potential risk factors linked to offending from a trauma-informed perspective and trauma informed treatment targets.

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### **Learning Goals:**

- Attendees will gain an awareness of the prevalence of ACE's, shame, and self-compassion within a sample of individuals that have committed sexual offences.
- Attendees will gain a greater understanding of shame (e.g. the different types of shame) and self-compassion and how they link to ACE's and offending behaviours.
- Attendees will gain an awareness of potential treatment targets to include within trauma-informed interventions and the psychological interventions currently available to address these identified risk factors.

**Kerri Garbutt** is a Chartered and Registered Forensic Psychologist who has specialised in assessing and treating sexually abusive behaviours for over 15 years. She has worked with individuals within low, medium, and high secure settings (UK). Kerri is currently the director of KGPS Ltd where she provides psychological consultation, supervision, assessment and therapeutic services. She has significant experience with offenders who have complex needs such as those diagnosed with Severe Personality Disorders, significant trauma histories, cognitive difficulties, mental health problems and offenders that are in denial or resistant to engage in treatment. As well as being a practitioner psychologist she has also conducted research in the areas of personality disorder, self harm, attachment, adverse childhood experiences, shame, self-compassion and sex offender treatment.

### **Hurt People Hurt People: Using Compassion Focused Therapy to Support and Understand the Origins of Their Criminogenic Needs**

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The treatment of those who cause harm to others as a result of their sexual behaviour needs to strike a balance between a focus on risk and a focus on the origins of risk. This balance needs to address the origins of harmful behaviour in the first instance and a trauma-informed (Levenson 2014) or compassion focussed (Gilbert 2017, Taylor 2017) approach to forensic work is therefore proposed. A trauma sensitive approach to treatment and rehabilitation is not a new concept and numerous authors have described such ways of working (for example, Muskett 2014, Chandler 2008) with evidence of its application across a range of services (Rose, Freeman, & Proudlock, 2012). However, we argue that a truly trauma sensitive approach needs to encompass not just the content of therapeutic work, but the process of delivery and the context that the delivery takes place within. Compassion Focussed Therapy (Gilbert 2010) is an integrative model of psychotherapy

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that orientates therapists and services towards a profound understanding that *hurt people hurt people* and thus is well placed as an organising paradigm for forensic services and interventions.

This presentation provides an overview of the core principles of compassion focussed forensic practice for men who have been convicted of sexual offences. In order to establish a context for this way of working we briefly explore the role of adversity in the genesis of harmful behaviour before considering current approaches to the treatment of men convicted of sex offences and the current evidence base for these interventions. A description of Compassion Focussed Therapy then provides the context for a discussion of a more process and trauma informed methodology for working with harmful sexual behaviour.

### **Learning Goals:**

- To recognise the significance of trauma in the genesis of sexually harmful behaviours.
- To learn about the philosophy and approach of Compassion Focused Therapy.
- To understand the benefits of Compassion Focused Therapy in the treatment of sexual offending.

**Dr Kerensa Hocken** is a Registered Forensic Psychologist committed to prevention work. She has worked with people convicted of sexual offences for 18 years and has responsibility for the strategic development of custodial sexual offending services in the Midlands region of the UK. In 2016 she was the winner of the prestigious Butler Trust award for excellence in correctional services, presented by Princess Anne. Kerensa is a trustee and co-founder of the Safer Living Foundation (SLF), a charity which sets out to prevent sexual abuse by working with those who have offended or are at risk of, committing a sexual offence.

**Dr Jon Taylor** is a consultant forensic psychologist and psychotherapist who has worked in range of prison, secure hospital and community forensic settings for almost 30 years. With a keen interest in developing a rich understanding of the role of trauma in the lives of those who develop offending behaviours, Jon is committed to promoting and modelling a compassionate and co-operative approach to all aspects of forensic service provision. Jon is a member of the compassionate Mind Foundation.