

## ***BETTER TOGETHER***

2018 ATSA Conference | Wednesday October 17 | 1:30 PM – 5:00 PM

**P-23**

### **"Adolescent Treatment 101": Introduction to Working with Adolescents Who Have Sexually Offended**

James R. Worling, PhD, CPsych, ATSAF  
Clinical and Forensic Psychologist

This seminar will provide an introductory overview to the treatment of adolescents who have sexually offended. This seminar will focus on providing practical information and strategies for clinicians, probation officers, juvenile justice workers, program administrators, and other interested professionals new to the field. The seminar will include lecture, case studies, discussion, demonstration, and detailed resource materials. Major topic areas will include:

- Common, erroneous assumptions regarding adolescents who have sexually offended
- Diversity among adolescents who have sexually offended and the importance of the assessment
- Detailed tips and strategies for talking with youth about difficult topics
- Importance of strengths and protective factors
- Common treatment targets (and intervention strategies) including enhancing healthy sexual arousal and sexual attitudes, increasing accountability, developing sexual offense-prevention plans, and reducing shame
- Unique treatment issues involved in sibling sexual abuse
- Brief overview of treatment outcome research
- Importance of therapist characteristics and self-care

#### **Learning Goals:**

- To learn about the considerable diversity among adolescents who sexually offend and the need for comprehensive assessment.
- To learn practical tips and strategies for talking with youth regarding potentially sensitive topics.
- To discuss the importance of strengths and protective factors.
- To learn about approaches and techniques for addressing common treatment goals, such as enhancing healthy sexual interests and attitudes, developing offense-prevention plans, and working with sibling sexual abuse.
- To review the research regarding treatment outcome.
- To learn about the importance of therapist characteristics and self-care.

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**Dr. James R. Worling, PhD, CPsych, ATSAF** is a clinical and forensic psychologist who has worked extensively with adolescents who sexually offend, and their families, since 1988. During this time, he has presented many workshops internationally, and he has written a number of articles and book chapters regarding the etiology, assessment, and treatment of adolescent sexual aggression. In addition to his full-time consulting and clinical practice, he serves as an Associate Editor for *Sexual Abuse: A Journal of Research & Treatment*.