

BETTER TOGETHER

2018 ATSA Conference | Thursday October 18 | 10:30 AM – 12:00 PM

T-16

The Role of Mindfulness in Sexual Abuser Treatment

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There is emerging research regarding the usefulness of mindfulness and mediation with incarcerated individuals. Mindfulness is the process being present in the moment without judgment and with care, concern and compassion for both self and others. The teachings of mindfulness have been around for thousands of years and are found in many religions. In 1979 Dr. John Kabat-Zinn began to use a mindful-based stress reduction approach to working with patients with physical and emotional pain at Massachusetts Medical Center with striking results. Since then there are numerous clinical research articles that support that mindfulness and meditation can be helpful in the reduction of anxiety, pain, addiction and can improve relationships.

The techniques of mindfulness fit well with sexual abuse treatment. The Good Lives Model, the Risk, Needs, Responsivity Model and Motivational Interviewing all have components of mindfulness in them. In this way it also fits well into empathy training for sexual abusers. When a client uses mindfulness they recognize that the tools for change are within them and that they have better control over their thoughts and emotions. Eventually with practice clients learn to better regulate themselves and come to more thoughtful responses to the situations which present themselves.

In this workshop participants will learn the tenets of mindfulness. They will also learn how to assist their clients with self compassion and compassion for others as well as learning mindful techniques in interacting and communicating with others. Mediation practice will also be discussed.

Learning Goals:

- To enhance participants understanding of mindful and meditative techniques.
- To assist participants in the utilization of mindful and meditative techniques.
- To introduce participants to the use of self-compassion as a protective factor in relapse prevention.

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Dr. Janet DiGiorgio-Miller is a licensed psychologist in private practice in Summit, New Jersey. She conducts evaluations and treatment for sex offenders. She was the director of a child abuse and neglect agency for over ten years. She has over thirty years of clinical experience in working with adolescents and families. She has been a frequent presenter both locally and nationally on various topics including; sexual offending, family therapy and relationship issues.

Dr. DiGiorgio-Miller serves on the Ethics and Juvenile Committees with National ATSA. She was past president and secretary of the New Jersey Chapter of The Association for the Treatment of Sexual Abusers,(NJATSA) and has served on the board for many years.

Dr. DiGiorgio-Miller has several publications in the field and has done research on emotional variables and deviant sexual fantasies in adolescents sex offenders. She published a self-help book for older adolescents and young adults called “A Great Relationship & Then Some.”