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The Safer Living Foundation Prevention Programme: An Introduction to the UK's First Group Based Programme for the Primary Prevention of Sexual Offences

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In 2018 the Safer Living Foundation (SLF) began delivery of the UK's first intervention for the primary prevention of sexual offending. The intervention is open to non-offending adults who are seeking help for their sexual thoughts. The programme is not specific to people with an attraction to minors and works with anyone who has sexual thoughts that if acted on would result in a sexual offence.

The intervention is designed around the values of promoting and maintaining a non-offending identity, de-shaming and building capability for functional behaviour and mental wellbeing. It uses treatment approaches from third wave CBT in particular Acceptance and Commitment Therapy (ACT: Hayes, 2004), and Compassion Focused Therapy (CFT: Gilbert, 2014), which focus on emotional regulation, compassion, shame reduction, acceptance and value based living to help clients develop skills to achieve a meaningful fulling life. This presentation will be an introduction to the SLF prevention programme content and theoretical basis and will provide some single case study outcomes.

Dr Kerensa Hocken is a Registered Forensic Psychologist committed to prevention work. She has worked with people convicted of sexual offences since 2001 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. She is the lead author of the SLF prevention programme.

Lynn Saunders is the Governor of Whatton Prison and has worked for the Prison Service for 25 years. She qualified as a Probation Officer in 1986 and has a degree in Applied Social Sciences and an MA in Criminology. She set up, along with other colleagues, the Safer Living Foundation, a charity to help prevent sexual (re) offending, in 2014. She is currently Chair of the organisation and is engaged in a part-time PhD at Nottingham University studying the transition of people convicted of sexual offences from custody to the community. She has worked with people convicted of sexual offences for most of her career and is considered to be one of the more knowledgeable and compassionate prison Governors in this difficult and controversial area. Lynn was awarded an Honorary doctorate from

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Nottingham Trent University in 2015 in recognition of her work with this group of offenders. She was awarded an OBE in the 2017 new years honours list.

Rebecca Lievesley is a Lecturer in Forensic Psychology and member of the Sexual Offences, Crime and Misconduct Research Unit at Nottingham Trent University. She has worked and researched within the Criminal Justice System for around 10 years, currently engaged in various research projects including an investigation of reoffending and desistance in those serving short sentences, an evaluation of anti-libidinal medication for individuals convicted of a sexual offence and help seeking prior to committing a sexual offence. Rebecca is also a co-founder and trustee of the Safer Living Foundation, a charity established to reduce sexual (re)offending through rehabilitative initiatives and prevent further victims of sexual crime.