

## ***BETTER TOGETHER***

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### **Combining Traditional Native Healing with CBT Sex Offender Treatment**

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Sexual violence has long-term and significant effects on its victims. Alaska's incidence of sexual violence per capita ranks first in the Nation. Alaska Native people are disproportionately more likely to be victims of, as well as perpetrators of sexual offenses. Although Native people have an identified significant need for psychotherapy, the research literature has shown that Native people do not do well in modern Western psychotherapy, such as Cognitive-Behavioral Therapy, in regards to successful treatment outcomes. According to the Risk-Needs-Responsivity model, culture is a responsivity factor that should be considered in offender treatment. The goal of this research was to investigate whether the use of traditional Native ways of healing in combination with Western group/individual therapy will improve therapeutic outcomes in a group of adult Alaska Native men who have committed sexual offense ( $N = 18$ ). This study used a mixed methods design, using quantitative statistics, as well as qualitative interviews using content analysis to analyze the data. The main hypotheses of this study was that a treatment program for Alaska Native sexual offenders that is culturally adapted will yield an improvement in treatment outcomes. Although the quantitative results did not indicate statistical significance regarding an improvement in outcome; the qualitative data suggests that Alaska Native men do respond better to a culturally-adapted treatment, which in the long-run will improve outcome. Given the various limitations for this pilot study, future research and directions for services regarding culturally adapted treatment for Native American/Alaska Native men who have sexually offended are discussed.