

## ***SHAPING THE FUTURE***

2019 ATSA Conference | Wednesday November 6 | 8:30 AM – 5:00 PM

**D-04**

### **Building (Or Rebuilding) a Strong Foundation: From Principles to Practice in Adult Sexual Abuser Treatment**

Robert J. McGrath, MA  
McGrath Psychological Services, P. C.

This “how to” training will focus on practical information and evidence-based strategies for treating adult male sexual abusers in community and residential settings. It is designed primarily for professionals new to the field, but can also serve as a refresher for more experienced clinicians. The training will emphasize cognitive-behavioral treatment approaches delivered in accordance to the risk, need, and responsivity principles. A phased model of treatment will be described. Topics include designing a treatment model, enhancing treatment engagement, selecting treatment assignments, working collaboratively with probation and parole officers, measuring treatment progress, and ending treatment successfully. Training methods will include lecture, case studies, discussion, demonstration, and resource materials.

#### **Learning Goals:**

- Describe the evidence for the effectiveness of sexual offender treatment.
- Describe eight characteristics of effective programs.
- Identify empirically supported criminogenic treatment targets.
- Describe a four-phase treatment model for addressing key treatment targets.
- Describe six skill trainings steps for teaching clients risk reduction skills.
- Describe criteria for successful treatment completion.

**Robert McGrath, MA** is in private practice and the former Clinical Director of the Vermont Department of Corrections statewide network of prison and community sex offender treatment programs. He was co-chair of the professional standards committee that authored the ATSA 2014 Practice Guidelines for the Assessment, Treatment, and Management of Male Adult Sexual Abusers. He currently serves or has served on the treatment advisory boards of several sex offender programs in the United States and the national sex offender treatment programs in Canada, the United Kingdom, and Hong Kong.