

SHAPING THE FUTURE

2019 ATSA Conference | Friday November 8 | 3:30 PM – 5:00 PM

F-39

Dialectical Behavior Therapy: Treating People with Problematic Sexual Behaviors

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Dialectical Behavior Therapy (DBT) is an empirically supported skills-based, cognitive-behavior therapy developed by Marsha Linehan (1993) for use with clients with Borderline Personality Disorder. This therapy has since been applied to various treatment populations including correctional centers, forensic centers, schools, as well as to other mental health issues such as substance abuse, mood disorders, trauma, eating disorders, and self-harm. In reviewing the advantages of this treatment, DBT is support-oriented – identifies a person's strengths and builds on strengths to create a better life, cognitive-based – DBT helps identify thoughts, beliefs, and assumptions that make life harder, and collaborative – DBT requires constant attention to relationships between clients and staff. DBT requires clients to self-monitor and develop skills to manage their emotions and assaultive behaviors. Additionally, DBT emphasizes effective communication skills as well as mindfulness. This therapy is being used more often in the area of sex offender treatment and it can address several dynamic risk factors including emotion regulation, impulsivity, poor problem solving, and offense-supportive attitudes.

This workshop will explain the elements of DBT; demonstrate ways to target behaviors; discuss validation with challenging clients; discuss obtaining commitment for treatment; role play problematic therapy situations; discuss and demonstrate coaching calls; and, discuss case presentations.

Workshop presenters have extensive experience in providing Dialectical Behavior Therapy to people with and without sex offending behaviors. Dr. Robbins is a certified DBT therapist by the Linehan Board of Certification. Within this workshop, we will address the following topics related to DBT with sex offenders:

- How DBT is relevant for treatment of sex offenders (biosocial model)
- Validation and why this technique is crucial to treatment
- Behaviors to target in treatment (hierarchy of target behaviors)
- Coaching Calls (format and issues)
- Consultation Team
- Diary Cards (what to monitor)
- Completing a behavioral chain analysis
- Skills training
- Role Play

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Learning Goals:

- Attendees will identify the four components of Dialectical Behavior Therapy.
- Attendees will understand the use of validation with challenging clients.
- Attendees will learn to complete a behavior chain analysis.
- Attendees will identify behaviors to target in therapy.

Sharon B. Robbins, PhD is a licensed psychologist and a certified DBT therapist through the Linehan Board of Certification (DBT-LBC). She is currently the Director of Psychology at the Fulton State Hospital in Missouri. Additionally, she is an adjunct Assistant Professor, Department of Psychiatry, School of Medicine at the University of Missouri in Columbia. Dr. Robbins has published recent articles in the area of highly aggressive women and violence contagions. She has consulted at various state hospitals throughout the nation including Connecticut, Virginia, Georgia, Arkansas, and North Carolina.

Lee Ann McVay, Psy.D. completed her graduate work at the Forest Institute of Professional Psychology, then joined the staff of Fulton State Hospital. Her work allows her to explore her clinical interests in Dialectical Behavioral Therapy, working with offenders with intellectual disabilities, and the treatment of sexual offenders. The facets of the client population she works with include individuals who exhibit sexually problematic behaviors in the hospital, have been committed to the hospital due to a sexual offense, and have been civilly committed as a Sexually Violent Predator. In addition to her clinical work, Dr. McVay has co-authored two articles that examine the effectiveness of the Safe Offenders Strategies model.