

SHAPING THE FUTURE

2019 ATSA Conference | Wednesday November 6 | 1:30 PM – 5:00 PM

P-24

Addressing Trauma & Sexually Harmful Behavior: Skills for Healthy Living

Christin Santiago, BS, CTRS
The Whitney Academy
Anette Birgersson, LPT
Skills Clinic

Youth who have experienced trauma, be it physical abuse, sexual abuse or neglect, and those that engage in problematic sexual behaviors, often have difficulty in the social domain. They struggle to build trusting, reciprocal relationships (Lisak and Ivan, 1995; Marshall and Marshall, 2000). Often, they experience the world as one of constant threat, which heightens their baseline arousal level. This negatively impacts their ability to regulate their arousal, often leading to self-destructive behaviors. Coupled with that, experiencing repeated trauma, often leads to deficits in brain development, which leads to less hemispheric integration, causing difficulties with problem solving, emotional regulation, language and executive functioning (Doucette, 2004; Teicher, et al, 2002).

Utilizing a DBT approach with these clients places a greater emphasis on improving the skills relating to improved intrapersonal and interpersonal skills (Brown, J. F., Brown, M. Z., & Dibiasio, P., 2013). This workshop is a vital component to those practitioners that work with youth who engage in problematic sexual behaviors.

Learning Goals:

- Upon completion of this workshop, participants will learn the fundamentals of DBT (Dialectical Behavioral Therapy) and RT (Recreation Therapy).
- Upon completion of this educational activity, learners will be better able to utilize components from DBT and RT, to engage clients in a multi-sensory and active manner.
- Upon completion of this educational activity, learners will be better able to create a skills-based curriculum to reduce problematic behaviors and increase positive and pro-social behaviors.
- Upon completion of this educational activity, learners will be better able to create and utilize client-centered interventions to shape positive behavior.
- Upon completion of this educational activity, learners will be better able to understand the presenting behaviors of their clients to gain insight into motivators and reinforcers of negative behaviors to better shape interventions.
- Upon completion of this educational activity, learners will be better able to create programs for various settings (in home, residential, out patient, family treatment,

SHAPING THE FUTURE

2019 ATSA Conference | Wednesday November 6 | 1:30 PM – 5:00 PM

community based, schools) which target relationship building and by doing so, increase emotional regulation and pro-social skills.

Christin is the Director of Recreation Therapy for the Whitney Academy, and has been for 12 years. In that role, she has developed innovative therapeutic activities to foster personal and interpersonal growth in the youth served. She has presented this topic to clinical audiences across the United States, Canada, Scotland, England, Wales, Norway and Sweden. Prior to working at the Whitney Academy, Christin has worked with youth in clinical settings, incorporating outdoor adventure programming to develop self-esteem and success in her clients. She attended the University of Connecticut to achieve a BS in Therapeutic Recreation, and is a Board Certified Therapeutic Recreation Specialist by the National Council for Therapeutic Recreation Certification. Christin is also a member of the Board of Directors for the National Adolescent Perpetration Network.

Anette started working in social services 1997 directly after graduating from university. The first year in in a community based setting, since 2002 in a private company providing both inpatient and outpatient treatment. She is a licensed Cognitive Behaviour Therapist and have been practicing as such since 2003 and got her license in 2015. In 1998 she started to work with children and adolescents with sexual harmful behaviour and have kept on doing that.

She is trained in CBT (Stockholms university and Lunds university in Sweden), DBT, TF-CBT, PE, TF-CBT, ERGT and has developed a program for treating sexually abusive youths and children.

She has also been a guest lecturer at universities in Sweden, as well as been a facilitator at workshops and training events. She does trainings and educate professionals and students about young sex offenders and sexualised behaviours in children and adolescents, she also trains within the program, ERASOR - Estimate of Risk of Adolescent Sexual Offense Recidivism, TF-CBT and DBT.

Anette is a private practitioner and a lecturer at Linköpings University. She is also a member of the advisory board for the National Adolescent Perpetration Network, a member of the Board of Directors for the Swedish TF-CBT Association, and a member of the ATSA International and Juvenile Practice committees.