

SHAPING THE FUTURE

2019 ATSA Conference | Thursday November 7 | 1:30 PM – 3:00 PM

T-23

Adding Tools to Your Toolbox: Adapting Therapeutic Interventions from General Clinical Practice to Address Dynamic Risk/Need

Bud C. Ballinger, III, PhD, ATSAF
NYS OMH Bureau of Institutional Treatment Services

Effective sex offender treatment programs consider their clients' risk for re-offense, the needs that contribute to this risk, and each client's individualized ability to respond to interventions (Hanson, et al., 2009). It has become standard practice for clinicians to assess dynamic risk to improve the overall accuracy of their risk assessments and change in offense-related dynamic risk factors has been identified as a significant contributor to reductions in risk of future re-arrest or conviction for violent and sexual offenses (Olver, et al., 2014). While attending to dynamic risk factors during treatment appears to contribute to risk reduction, there has been limited practical guidance regarding *how* to target specific dynamic risk factors/needs with interventions and approach goals to build protective skills and address deficits. Using examples from the dynamic risk factors of the Violence Risk Scale: Sexual Offender Version (VRS-SO; Wong, et al., 2003-2017) this workshop will present practical suggestions for supplementing sex offender treatment with skills-based therapeutic interventions such as Dialectical Behavior Therapy, Emotion Focused Therapy, relationship education, and Cognitive Processing Therapy that have empirical support in the treatment of clinical needs which are conceptually similar to those identified through dynamic risk assessment. Using such interventions could enhance the effectiveness of treatment and bolster efforts to reduce risk.

Learning Goals:

- Participants will increase their ability to use dynamic risk assessment information to improve treatment planning and address risk-relevant treatment needs.
- Participants will expand their ability to choose therapeutic interventions from general clinical literature that have empirical support in treating symptoms that are conceptually related to specific areas of risk and need.
- Participants will increase their knowledge of the range of interventions available to clinicians working with clients with problematic sexual behavior and their ability to integrate a wide range of clinical interventions into sex offense specific treatment.

Bud Ballinger earned a Ph.D. in clinical psychology from Texas Tech University in 2000. He has worked in diverse institutional forensic settings including correctional facilities, a maximum-security psychiatric prison hospital, and a juvenile detention facility. He served for eight years as the coordinator of forensic services for Madison County, New York providing and supervising evaluations and treatment for sexual offenders and other mandated clients.

SHAPING THE FUTURE

2019 ATSA Conference | Thursday November 7 | 1:30 PM – 3:00 PM

Dr. Ballinger worked in full-time private practice from 2008 to 2013 providing consultation, forensic evaluations, and courtroom testimony. In 2013, he was hired by the New York State Office of Mental Health to develop an intensive prison-based sex offender treatment program for high-risk sexual offenders who are likely candidates for civil confinement. He is currently the Director of Treatment Services for the NYS OMH Bureau of Institutional Treatment Services, providing clinical guidance to the NYS civil confinement programs and the other OMH programs providing services to individuals with histories of perpetrating sexually abusive behaviors. He has served on the Board of Directors for NYS ATSA since 2011, is the current president of NYS ATSA, and was named an ATSA Fellow in 2017.