

SHAPING THE FUTURE

2019 ATSA Conference | Thursday November 7 | 3:30 PM – 5:00 PM

T-44

Applying Mindfulness to the Treatment of Sexual Abusers: Three Strategic Targets

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Integrating mindfulness into mental health and medical treatments has become a widespread practice. Specifically, utilizing mindfulness with Cognitive Behavior Therapy (CBT) has ushered in a “third wave” of CBT approaches. These include Mindfulness Based Stress Reduction (MBSR), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Mindfulness-Based Cognitive Therapy (MBCT), Mode Deactivation Therapy (MDT), Mindfulness-Based Relationship Enhancement (MBRE) and Mindfulness-Based Relapse Prevention (MBRP). Mindfulness has been utilized in multicultural situations and has been used in the treatment of almost all age groups including children, adolescents, adults and older adults. It has been utilized in treating a variety of conditions including depression, anxiety, serious mental illness (SMI), personality disorders, domestic violence, eating disorders, chronic pain, and cancer. It has been applied in treating several impulse control disorders and addictions including overeating, smoking, gambling, alcohol and drugs, and inappropriate sexual behavior. And it has been applied with several forensic and offender populations. Applying mindfulness in the treatment of sexual abusers offers some unique opportunities to enhance treatment benefits. This presentation describes and models how applying mindfulness can enhance treatment in three strategic treatment areas or targets- self-regulation, management of sexual deviance, and recovery and wellness.

Learning Goals:

- Describe and model how mindfulness can enhance self-regulation.
- Discuss research support for and specific strategies and skills to enhance self-regulation, and demonstrate their use in treatment of sexual abusers.
- Describe and model how mindfulness can enhance management of sexual deviance.
- Discuss research support for and specific mindfulness based relapse prevention strategies and skills to enhance management of sexual deviance, and demonstrate their use in treatment of sexual abusers.
- Describe and model how mindfulness can enhance recovery and wellness.
- Discuss research support for and specific strategies and skills to enhance recovery and wellness, and demonstrate their use in treatment of sexual abusers.

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R. Keith Ramsey, MS, LPC, ATSAF, has 29 years of experience in helping professions with a wide range of experience in mental health, substance-related disorders, corrections, and civil commitment fields. He has worked with diverse populations including adults with mental illness, serious mental illness (SMI), intellectual disability (ID) and other significant cognitive impairments, children with emotional disturbance and their families, adults with substance-related disorders, female and male victims of trauma, adolescent and adult males that committed sexual offenses, and men that committed domestic abuse. He has experience at all levels of outpatient and inpatient care. He has received specialized training in Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy (CPT), Eye Movement Desensitization & Reprocessing (EMDR) therapy, Motivational Interviewing (MI), Trauma-Informed Care (TIC), Recovery-Oriented Cognitive Therapy (CT-R), Mindfulness Training, and Multifamily Therapy. He has a certificate in Advanced Training in Traumatic Stress Studies from the International Society of Traumatic Stress Studies (ISTSS). He has supervised and developed programs in multiple settings including Sand Ridge Secure Treatment Center (SRSTC), the civil commitment center in Wisconsin; Casa de Tucson, community therapeutic group homes for juveniles with sexual offenses in Arizona; Florida Civil Commitment Center; the South Carolina Department of Corrections Sexual Offender Treatment Program (SOTP) for adults and juveniles; United Behavioral Health, a United Healthcare managed care company providing mental health and substance-related services to plan members. He is currently employed as Director, Special Projects, Division of Forensic Services at New York State (NYS) Office of Mental Health (OMH) and provides case consultation, training and program development services for OMH and the NYS Department of Corrections and Community Supervision (DOCCS). He has provided consultation for the NYS forensic psychiatric hospitals, civil commitment sexual offender inpatient program, and provides ongoing consultation and training services for NYS Strict and Intensive Supervision and Treatment (SIST) outpatient civil commitment program. He is a trainer that specializes in TIC, MI, DBT, Mindfulness Training, and assessment and treatment of men with disabilities and sexual offenses. He has served as a consultant for community care organizations treating people with disabilities. He is a member of ISTSS and the Association for the Treatment of Sexual Abusers (ATSA). He has been recognized as an ATSA Fellow.