

BLENDING VOICES. STRENGTHENING LIVES.

2020 ATSA Conference | Wednesday October 21 | 9:00 AM – 11:00 AM

WED-AM-04

Thinking Outside the Workbook: Practical Approaches to Address Dynamic Risk/Needs in Treatment

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Thornton's Theory of Dynamic Risk (TDR; 2016) seeks to explain the relationship between Dynamic Risk Factors and harmful sexual behavior and can also be a useful model for understanding risk-relevant therapeutic change. Following an introduction to the TDR, treatment planning will be discussed using the dynamic risk factors of the Violence Risk Scale: Sexual Offender Version (VRS-SO; Wong, et al., 2003-2017) as examples of treatment targets. Practical treatment examples will demonstrate how non-specific therapeutic factors and commonly used sex offense-specific treatment methods can be relevant in treating specific dynamic risk factors. Finally, examples will be provided of how therapeutic interventions empirically supported to improve affect regulation skills and alleviate trauma related symptoms can be integrated into or used to supplement sex offense-specific treatment to specifically target dynamic risk factors.

This seminar is rated: Adult | Intermediate

Learning Goals:

- Upon completion of this educational activity, learners should be better able to describe the Theory of Dynamic Risk (TDR; Thornton, 2016).
- Upon completion of this educational activity, learners should be better able understand the process of therapeutic change as described in the TDR.
- Upon completion of this educational activity, learners should be better able to use information from a dynamic risk assessment to inform treatment planning.

Bud Ballinger earned a Ph.D. in clinical psychology from Texas Tech University in 2000. He has worked in diverse civil and forensic settings including inpatient and outpatient psychiatric treatment, 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. 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 Sex Offender Treatment, providing clinical guidance to the NYS civil confinement programs and other OMH programs providing services to individuals with histories of perpetrating sexually abusive

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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.