

## ***BLENDING VOICES. STRENGTHENING LIVES.***

2020 ATSA Conference | Wednesday October 21 | 9:00 AM – 1:15 PM

### **WED-AM-02 & WED-MID-02**

#### **Practical Strategies for Managing Problematic Sexual Interests, Fantasies and Urges**

Robert J. McGrath, MA  
McGrath Psychological Services, P.C.

Deviant sexual interests and poor sexual self-regulation have been linked to increased risk of sexual re-offending among individuals convicted of sexual crimes (Hanson, 2019). Evidence indicates that programs for reducing sexual re-offending that directly target these problems are more effective than those that do not (Gannon, Olver, Mallion, & James, 2019). Workshop participants will learn several practical strategies and protocols to help individuals use environmental, cognitive, behavioral, and pharmacological interventions to better manage problematic sexual interests, fantasies and urges. The research basis, indications, and limitations of interventions will be described. Teaching methods will include lecture, case studies, discussion, demonstration and resource materials.

This seminar is rated: Adult | Intermediate

#### **Learning Goals:**

- Upon completion of this education activity, learners should be better able to describe the research basis for targeting deviant sexual interests and sexual self-regulation deficits.
- Upon completion of this education activity, learners should be better able to describe methods for assessing deviant sexual interests and sexual self-regulation deficits.
- Upon completion of this education activity, learners should be better able to describe two case conceptualization models to enhance treatment and case planning for helping individuals manage problematic sexual interests, fantasies and urges.
- Upon completion of this education activity, learners should be better able to describe and critique self-monitoring strategies for helping individuals identify and manage problematic sexual interests, fantasies and urges.
- Upon completion of this education activity, learners should be better able to describe and use three cognitive and three behavioral strategies for helping individuals manage problematic sexual interests, fantasies and urges.
- Upon completion of this education activity, learners should be better able to describe referral for pharmacological treatment criteria and options for helping individuals manage problematic sexual interests, fantasies and urges.

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**Robert McGrath, M.A.** is in private practice and is the former Clinical Director of the Vermont Department of Corrections statewide network of prison and community sex offender treatment programs. He was co-chair of the professional standards committee that authored the ATSA 2014 Practice Guidelines for the Assessment, Treatment, and Management of Male Adult Sexual Abusers. He is a co-author of the SOTIPS, VASOR-2, and ROSAC risk assessment instruments. He currently serves or has served on the treatment advisory boards of several treatment programs for sexual offending in the United States and the national sex offender treatment programs in Canada, the United Kingdom, and Hong Kong.