



Addressing Problematic Sexual Behaviors in Children and Adolescents

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Problematic Sexual Behaviors (PSBs): Basic Information

Poll Question 1

What percentage of kids who sexually act out are abused in the same age range of 6-18?

Correct response:

Where to Start

It's not a behavior problem. It's a sexual problem.

Resources

- [National Center for the Sexual Behavior of Youth](#)
- [National Child Traumatic Stress Network](#)
- [Taking Action: Support for Families of Children with Sexual Behavior Problems](#) (Free PDF Download)
- [Taking Action: Support for Families of Adolescents with Illegal Sexual Behavior](#) (Free PDF Download)

What Works?

Screening

ALWAYS screen for .

behavior is more predictive of sexual acting out than any other factor.



Tool: [Child and Adolescent Trauma Screening \(CATS 2.0\)](#)

Poll Question 2

Teens who sexually act out (not pre-teens) need to be treated in an inpatient setting to be effectively treated.

True

False

Evidence-Based Elements of Treating PSB's

What worked?

What did NOT work?

Sexual Behavior Continuum

Intervention	Expected Sexual Play	Inappropriate Mutual Sexual Behavior	Illegal Sexual Behavior
Educating parents about normal sexual behavior	Yes	Yes	Yes
Educating parents about abusive/illegal behavior	No	No	Yes
Educating youth about healthy sexual behavior	No	Yes	Yes
Setting up in-home safety plan	No	Yes	Definitely
Changing sexual behavior patterns	No	No	Maybe
Encouraging responsibility and accountability	No	No	Yes
Making apologies	No	Yes	Yes
Developing understanding of the effects	No	Yes	Yes
Participating in a treatment program	No	Varies	Yes
Seeking therapy for victims	No	No	Typically
Setting duration of intervention	Very Brief	Brief	Typically one year
Having adolescent removed from home	No	Varies	Typically, at least initially
Having legal/CPS involvement	No	Varies	Yes
Having concerns about community safety	No	No	Maybe

Note: These interventions are clinical suggestions that should be guided by the entire presentation.

TF-CBT Works with PSB and Trauma

TF-CBT (Trauma-Focused Cognitive Behavioral Therapy) is currently the ONLY evidence-based treatment (EBT) for PSB AND Traumatic Stress.



Resources

- [Trauma-Focused Cognitive Behavioral Therapy \(CEBC\)](#)
- [“Implementing Trauma-Focused Cognitive-Behavioral Therapy \(TF-CBT\) With Preteen Children Displaying Problematic Sexual Behavior \(Brian Allen, Cognitive and Behavioral Practice, 2018\)](#)
- [Trauma-Focused CBT for Youth with **Complex Trauma**](#) (Judith Cohen, et. al., Child Abuse & Neglect, 2012)
- [Taking Action: Support for Families of Adolescents with Illegal Sexual Behavior](#) (Free PDF Download)

CBT Components for PSB Treatment

1.
2.
3.
4.

CBT with PSBs

Establish the rules.

Develop a management plan.

Develop a plan.

Help make the more comfortable with topics related to sex and sexual behavior.

Most important! is the foundation.



Resource

[Recommendations for Supervision and Parenting Children with Problematic Sexual Behaviors](#) (University of Oklahoma)

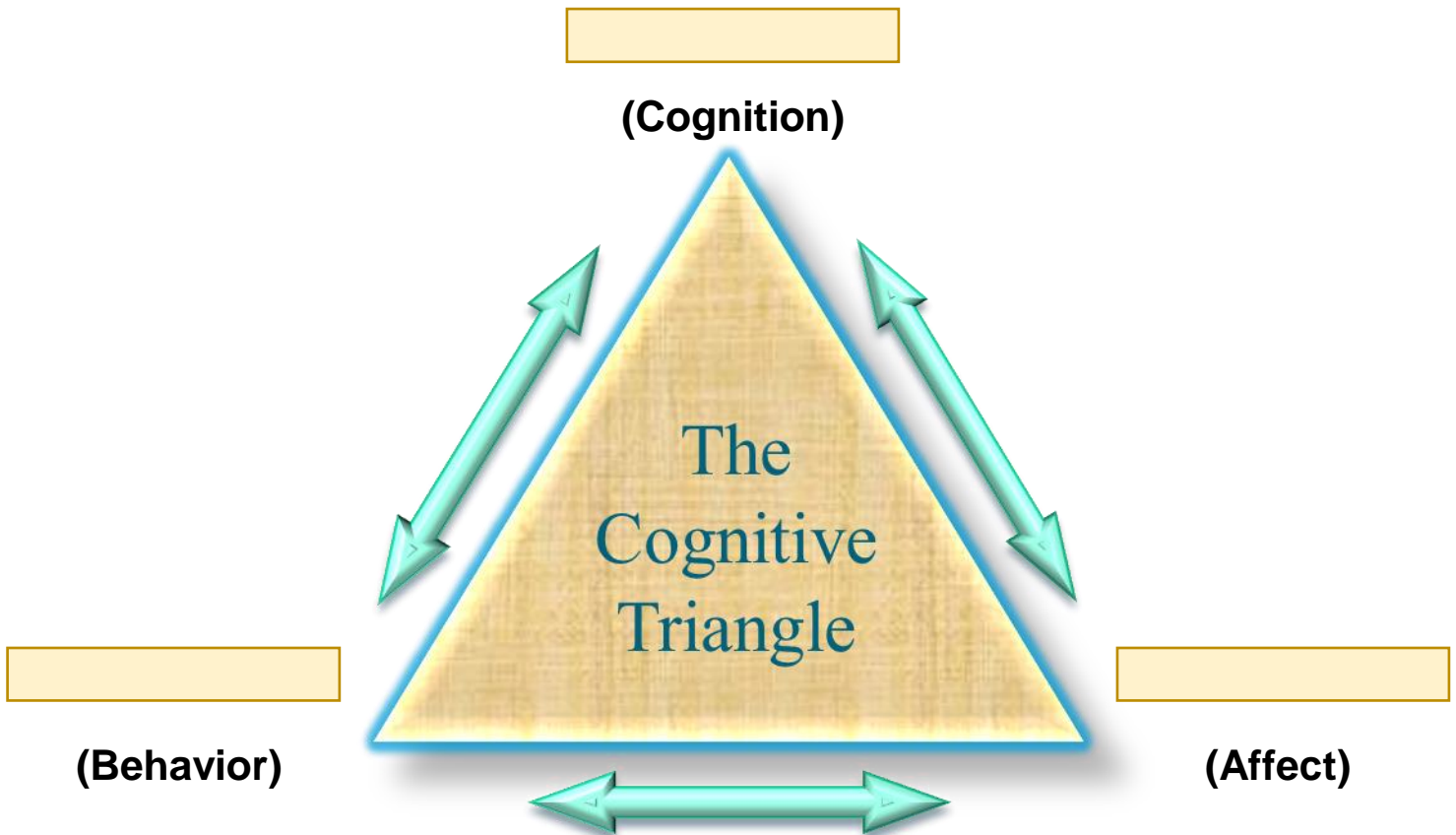
Supervision and Safety: Teens

- [Teen Sexual Health](#) (Planned Parenthood)
- [Video: Consent Tea](#) (2:49)

Applying Evidence-Based Practice

Cognitive Coping

Our experiences impact how we see ourselves, others, and the world.



Tool

[The Turtle Steps \(Cognitive Coping\)](#)

Talking about Trauma

Poll Question 3

To effectively treat PSB's, you always have to talk about the offense if great depth.

True

False

Purpose of Trauma Narration

Goal:

Notes:

Purpose of Disclosure and Restitution

Goal:

Notes:



Resource

[Recommendations for Supervision and Parenting Children with Problematic Sexual Behaviors](#) (University of Oklahoma)

Take Home Points

- BALANCED View
 - It's a sexual BEHAVIOR problem: BEHAVIOR management skills are essential
 - Treatments with a CBT nucleus and SKILLS focus are VERY effective
 - Especially TF-CBT if the child has trauma
 - “Adult pedophile” treatments at best do nothing and can be harmful
 - With complex trauma, ALWAYS treat traumatic stress FIRST, before doing more intensive PSB work
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Notes & Next Steps

Additional Resources

- [*Trauma-focused Cognitive Behavioral Therapy with Adolescents with Illegal Sexual Behavior in a Secure Residential Treatment Facility*](#) (Newman, Children and Youth Services Review, 2018)
- [*Our Minds are Made Up Don't Confuse Us With the Facts: Commentary on Policies Concerning Children with Sexual Behavior Problems and Juvenile Sexual Offenders*](#) (Mark Chaffin, Child Maltreatment, 2008)
- [*TEDMED: Child sexual abuse is preventable, not inevitable*](#) (Elizabeth LeTourneau 2017)(18:35)
- [*A Clinician's Guide to CBT for Children to Young Adults*](#) by Paul Stallard