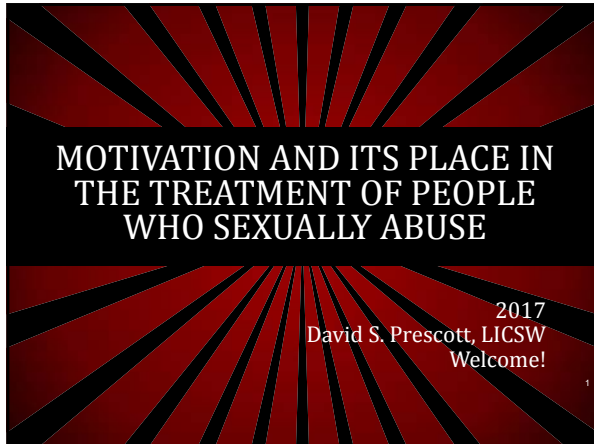


MOTIVATION AND ITS PLACE IN THE TREATMENT OF PEOPLE WHO SEXUALLY ABUSE

2017
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Welcome!



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- *Healthy lives,*
- *Safe communities*



WELCOME NEWCOMERS!




TAKE HOME MESSAGES

- What you do matters
- What you do works
- Follow the research
- Be data driven
- Beware of false advertising
- Always keep the big picture in mind



WHAT WORKS?

- Do we want them to re-offend or not?
- What can we do?
- Who should we be?
- Is that enough?



WHAT'S OUR GOAL?

- ❖ Stopping the behavior?
- ❖ Justice for the victim?
- ❖ Preventing reoffense?
- ❖ Better lives for all?



MOTIVATIONS TO ABUSE

- Sexual
- Non-sexual



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MOTIVATION TO CHANGE

Internal External



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Goals and Motivation

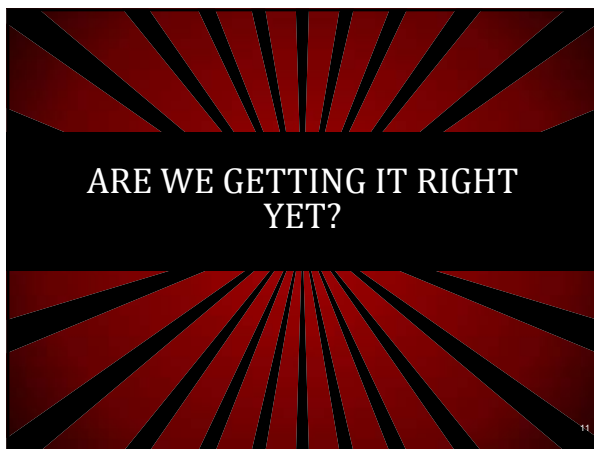
(Yates & Prescott, 2011)

Primary Good	→	Common Life Goal
Life	→	Life: Living and Surviving
Knowledge	→	Knowledge: Learning and Knowing
Excellence in Work & Play	→	Being Good at Work & Play
Excellence in Agency	→	Personal Choice and Independence
Inner Peace	→	Peace of Mind
Friendship/Relatedness	→	Relationships and Friendships
Community	→	Community: Being Part of a Group
Spirituality	→	Spirituality: Having Meaning in Life
Happiness	→	Happiness
Creativity	→	Creativity

Alliance

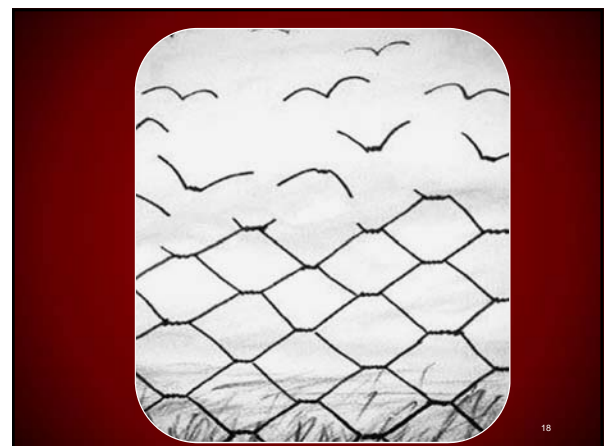
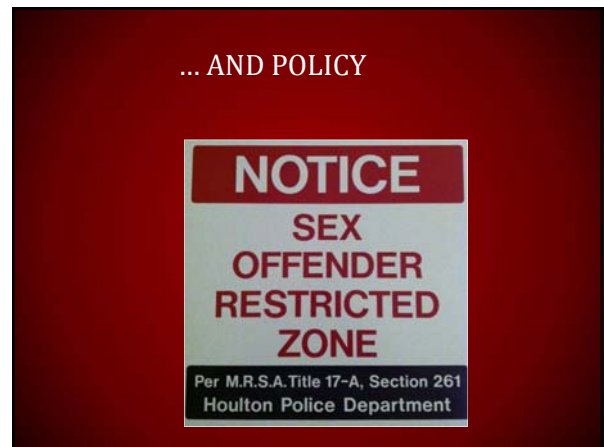
- Agreement on:
 - Goals
 - Nature of relationship
 - Tasks/Approach
- In accordance with client values

10



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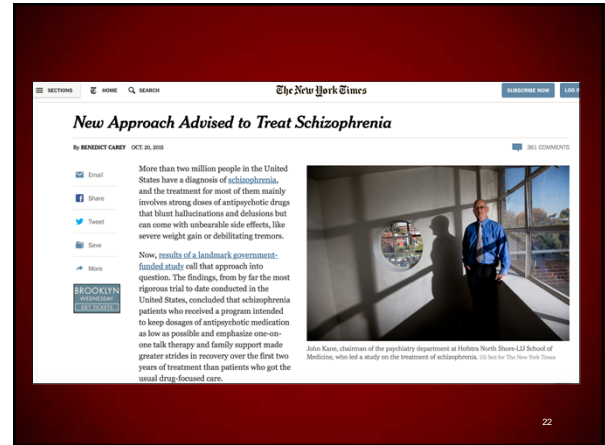


HOW DID WE GET HERE?

- Quick look backwards
 - Great respect for all involved
 - Intent: Tough on issues, tender on people
- *People are not now as smart as they think; people used to be smarter than we now think they were* (Quinsey, Harris, Rice, & Cormier, 2006)

MY CONCERN

- During the past 30 years, the majority of our progress has been technical in nature



JAKKO SEIKKULA



In the beginning...



Speech is a mirror of the soul: as a person speaks, so is s/he

- Publilius Syrus, 100 BC

17th century: Pascal's Pensees

"People are generally better persuaded by the reasons which they have themselves discovered, than by those which have come into the mind of others."

MARTINSON, 1974

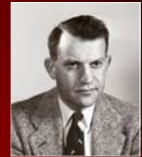
...t the size and probable duration of this effect; as of now
ly do not know.

Does nothing work?

*Do all of these studies lead us irrevocably to the conclu
nothing works, that we haven't the faintest clue about ho
bilitate offenders and reduce recidivism? And if so, what .*

1979: EDWARD S. BORDIN

- Therapeutic alliance:
 - Agreement on relationship
 - Agreement on goals
 - Agreement on tasks
 - (Norcross, 2002, would add client preferences)
- Over 1,000 studies have emphasized the importance of the alliance in psychotherapy since (Orlinsky, 1994)



Salter, 1988 (p. 93)



- (T)he process of treating child sex offenders is heavily weighted in the direction of confrontation. Treatment requires continual confrontation.
- *No I don't trust you and you would be pretty foolish to trust yourself.*
- *Give me a break. What do you mean one drink can't do any harm?*
- However, later says that treatment should not be hostile. How do we reconcile this?

HOPE THEORY, 1999

- C.R. "Rick" Snyder:
- Agency Thinking
 - Awareness that a goal is attainable
- Pathways Thinking
 - Awareness of how to do it
- *"Therapists who are burned out or otherwise fail to convey hopefulness model low agency and pathways thinking."* (in Hubble, Duncan, & Miller, 1999)



2005: THE SOTEP RCT

- No overall differences between treated and untreated groups, but:
- Sex offenders who successfully completed the SOTEP treatment program reoffended at lower rates than those who did not demonstrate that they “got it” (Marques, Wiederanders, Day, Nelson, & van Ommeren, 2005).

MARSHALL, 2005

- Warm
- Empathic
- Rewarding
- Directive



Problem: Many people think they have these qualities, but don't

PARHAR, WORMITH, ET AL., 2008

- Meta-analysis of 129 studies
- *In general, mandated treatment was found to be ineffective ... particularly when the treatment was located in custodial settings, whereas voluntary treatment produced significant treatment effect sizes regardless of setting.*



2007-12

- Wilson, Cortoni, et al.
- Collaborative risk management, RNR principles, & holistic community aftercare can contribute to reduced re-offense
- Motivation varied across subgroups
- Illustrates need for post-institution community follow-up
 - Goal of “balanced, self-determined lifestyle”
 - (Similar to NewStart program in Saskatchewan)



THESE DAYS

- We know better
- We do worse

Treatment is something we do **for** and **with** clients, not **to** and **on** them

(Miller & Rollnick, 2013)


Motivational Interviewing

2002: Best-known Definition



Motivational interviewing is a person-centered, directive method of communication for enhancing intrinsic motivation to change by exploring and resolving ambivalence.

STEVE ROLLNICK, 2/28/10



- *Motivational interviewing involves helping patients to say why and how they might change, and is based on the use of a guiding style*
- Mission critical: The client makes the case for change.
 - This is easily forgotten in sexual offender treatment

MOTIVATIONAL INTERVIEWING

- In widespread use around the world
- But.....
- Hettema, Steele, & Miller, 2005:
 - *Observed effect sizes of MI were larger... when the practice of MI was not manual-guided.*

DIRTY LITTLE SECRETS

- ... from outcome studies
 - More difference between the best and the worst therapists **within** any treatment method, than there is **between** treatment methods
 - Some therapists are better than others
 - We don't necessarily age well

WAMPOLD & BROWN, 2005



- 581 therapists
- 6,146 real world clients
- Average sessions = 10
- 46% depression, 30% adjustment disorder, 11% anxiety, plus other diagnoses
- Who got the best outcomes?
 - Training makes no difference
 - Profession makes no difference
 - EXPERIENCE makes no difference
 - Diagnosis makes no difference

HOW CAN WE GET BETTER?

Routine, structured feedback

THE KEY

- Treatment involves building willing partners in change.

THE SAFEST SEX OFFENDER



- Someone who has a place to live
- Connected to support people to which he or she is accountable
- Has work or is in school
- has everything to lose by repeating a sexual assault.
- Gwenda Willis, personal communication, August 2012

HOW DO PEOPLE CHANGE?

- Challenging "distorted cognitions"?
- Completing assignments?
- Following the manual?
- Through their experiences and discoveries?
- Or via a relationship experience where hope and possibility are renewed... or born.



EMPATHIC, ATTUNED INTERVENTIONS

- Unexpected
- Welcome
- Impactful

WHAT WE NEED

- Mindset
- Heartset
- Spirit
- Attitude
- Intention

COMPASSION



POLITICAL CLIMATE

- Coercion
- Shame
- Blame
- Threats
- Punishment



WE CAN LEAVE NO ONE BEHIND



To be Continued...

- By you