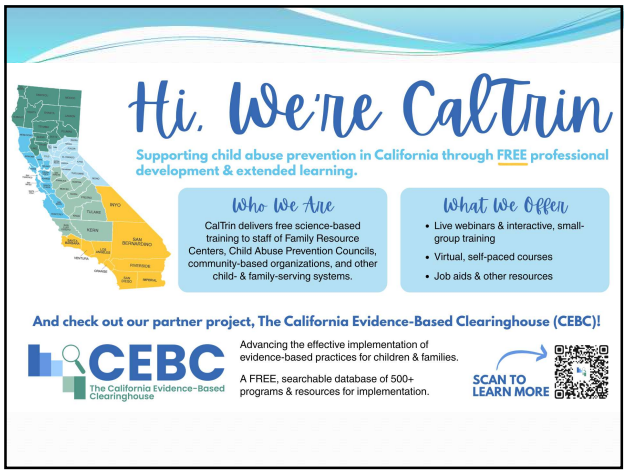

CALTRIN
Welcome to
Addressing Problematic Sexual Behaviors (PSBs) in Children & Adolescents
Abordar los comportamientos sexuales problemáticos en niños y adolescentes (Interpretación al español comenzará pronto)
THE TRAINING WILL BEGIN SHORTLY! WHILE YOU'RE WAITING...
Icebreaker Question
(answer in the chat)
What is your favorite summertime family activity?
Survey & Certificate of Completion
Available following the training.
Connect With Us!
VISIT CALTRIN.ORG & SCAN TO LEARN MORE

1


SPANISH INTERPRETATION AVAILABLE!
INTERPRETACIÓN AL ESPAÑOL DISPONIBLE!
Today's training will be in both English and Spanish.
La capacitación de hoy será en español y ingles.
Click the "Interpretation" icon in your toolbar; select "Spanish."
Seleccione el ícono "Interpretation" de las opciones al debajo de su pantalla. Elige la opción "Spanish."
Optional: "Mute Original Audio" to disable the English speakers while using Spanish.
Opcional: Active "Silenciar audio original" para desactivar las voces en inglés mientras escucha la interpretación en español.
Interpretation
More
Off
English
Spanish
Mute Original Audio
Manage Language Interpretation...

2


Hi, We're CalTrin
Supporting child abuse prevention in California through FREE professional development & extended learning.
Who We Are
CalTrin delivers free science-based training to staff of Family Resource Centers, Child Abuse Prevention Councils, community-based organizations, and other child- & family-serving systems.
What We Offer
• Live webinars & interactive, small-group training
• Virtual, self-paced courses
• Job aids & other resources
And check out our partner project, The California Evidence-Based Clearinghouse (CEBC)!
CEBC
The California Evidence-Based Clearinghouse
Advancing the effective implementation of evidence-based practices for children & families.
A FREE, searchable database of 500+ programs & resources for implementation.
SCAN TO LEARN MORE

3


LET'S LEARN ABOUT YOU!
INYO
TULARE
KERN
SAN BERNARDINO
RIVERSIDE
VENTURA
ORANGE
IMPERIAL

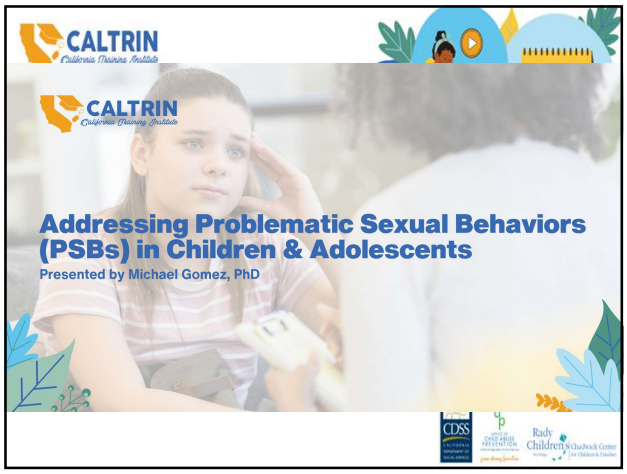
4


UPCOMING TRAININGS
mark your calendars!
Visit caltrin.org to view and register for upcoming webinars or workshops
October 14: Trauma-Informed Leadership in Turbulent Times: Creating the Conditions for People & Teams to Thrive
October 15: Substance Abuse Disorders, Mental Health, & Recovery: Cultural Elements in Working with Disproportionately Impacted Populations
October 9: Protective Factor of the Month: Concrete Support
November 3: Shaken Baby Syndrome: Mechanisms, Risk, & Prevention Across Care Systems
November 4: Protecting Your Peace: Supporting Well-Being & Resilience During Turbulent Times
November 5: "How About Dad?": Father Engagement Basics

5


Before We Begin...
BEFORE
Access the notetaking slides now! The link can be found in the chat.
This presentation is being recorded.
DURING
Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.
AI
AI assistants are not allowed in CalTrin trainings due to California privacy laws.
AFTER
Complete the survey at the end of this webinar to receive your Certificate of Attendance.
A follow-up email will be sent to all participants within two days.

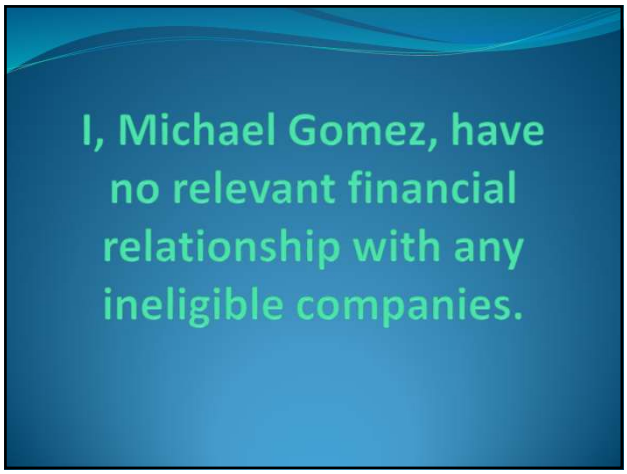
6


CALTRIN
California Trauma Institute
CALTRIN
California Training Institute
Addressing Problematic Sexual Behaviors (PSBs) in Children & Adolescents
Presented by Michael Gomez, PhD
CDSS
Rady Children's Chadwick Center for Children & Families

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CALTRIN
California Training Institute
Speaker SPOTLIGHT
Michael Gomez, PhD
Clinical Instructor at Bradley Hospital/Lifespan Institute, affiliated with Brown University
Former Director of the Adversity and Resilience Community Center (ARCC) in Texas
Former Adjunct Professor at Texas Tech University and TTUHSC School of Nursing
Specializes in Trauma-Focused CBT (TF-CBT), PCIT, TARGET, problematic sexual behaviors (PSB), and autism assessments
Nationally Certified TF-CBT Trainer and CE-CERT Trainer
Co-founder of the NCTSN Trauma and Intellectual and Developmental Disabilities (IDD) Workgroup
Rady Children's Health is not responsible for the creation of content and any views expressed in its materials and programming.

8


I, Michael Gomez, have no relevant financial relationship with any ineligible companies.

9

Polling Ques 1

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

A) 40%
B) 60%
C) 80%
D) 100%

10

Sexual Abuse Myths

- The medical exam will ALWAYS prove that abuse has or has not occurred
- The child will have negative feelings toward the perpetrator
- If a child is engaging in illegal/inappropriate sexual behaviors it means they were abused at some point in the past
- Children or adolescents who engage in problematic sexual behaviors are pedophiles who are beyond help

11

Where to start

- "Any time you come to a problem you don't understand, stop, go back, and find any part you do understand. Then, start from there." – Julian Escamilla
- First point
  - Not a **SEXUAL** behavior problem
  - It's a sexual **BEHAVIOR** problem
- Where do we start with any kid???

12

Resources!!!

- www.ncsby.org – National Center for the Sexual Behavior of Youth
  - If all you do is just go through this website while I am talking, I'm totally cool with that
- www.nctsn.org – National Child Traumatic Stress Network
- www.oklahomatfcbt.org – At the very bottom
- Taking Action books (FREE!!!)
  - Child Version: https://safersocietypress.org/store/taking-action-children-download/
  - Teen Version: https://safersocietypress.org/store/taking-action-adolescents-download/

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Our Native American Adaptation of all this

- https://www.ncsby.org/american-indian-and-alaska-native-tribes-main
- This stuff is really, really, RRRRREALLY cool!!!!

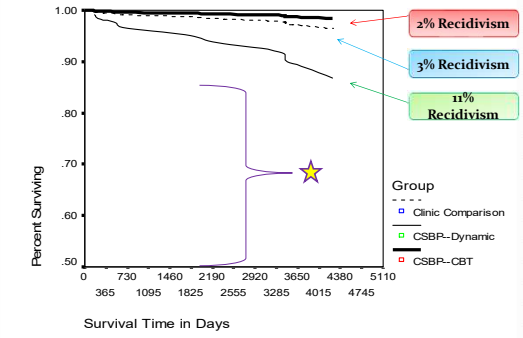
14

Screening

- ALWAYS SCREEN FOR TRAUMA!!!!!!!!!!
  - Not just in kids with PSBs but in ALL kids that come in your clinic
  - ACE study has shown us the importance of this
  - Sexual abuse is A reason for PSBs NOT THE reason (so STILL screen for this)
- Also, COERCIVE behavior is more predictive of sexual acting out than any other factor
- If you don't have a trauma screener look here . . .

15

10 Year Follow-Up Data



Carpentier, Silovsky, & Chaffin (2006)
10 year follow up on Bonner, Walker, & Berliner (1999)

16

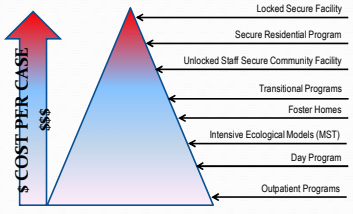
Polling Question 2

- True or False: Kids who sexually act out need to be treated in a restrictive setting (e.g., RTC) in order to be effectively treated.

1) True
2) False

17

Levels of Care



18

Meta Analysis: Evidence Based Elements of Treating PSB's

St. Armand, A., Bard, D., & Silovsky, J. F. (2008)

- Purpose to identify what practice elements lead to greater reductions in PSBs
- Examined studies in which PSBs were either primary or secondary target for treatment
  - 11 studies identified
  - 18 treatments evaluated
- What worked?
  - **Parenting/Behavior Parent Training (BPT) was the strongest prediction of reductions in** PSBs
  - BPT occurred with
    - rules about sexual behavior/boundaries
    - abuse prevention
    - sex education
- What did NOT work?
  - Practice elements that evolved from adult sex offender treatments were not significant predictors

19

SB: Continuum of Interventions

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

20

SB: Continuum of Interventions

Intervention	Expected Sexual Play	Inappropriate Mutual Sexual Behavior	Illegal Sexual Behavior
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

21

Allen 2018 – TF-CBT works with PSB and Trauma

- If you get ONE article on this topic, get Brian's
- Breaks down (chart form too) how each therapy component can be used when PSB's are present
- TF-CBT (Trauma-Focused CBT) is currently being used, with a lot of success, for PSB kids who have trauma
  - Crux of the strategy is that this is a problematic sexual BEHAVIOR
- If you get TWO articles, get Brian's and the one on Complex Trauma

22

Last slide on foundations before we dive in

- "Transference" and "Countertransference"
- This and STS are a whooooooole other talk
  - But think I need to address one elephant . . .



23

Let's take a step back

- So, Gomez . . . How exactly did you get into this work?



24

Intervention strategies for Youth PSBs

25

CBT Components for PSB Treatment

- Psychoeducation
  - Provide psychoed on sex (sounds obvious but REALLY is NOT)
  - Normative vs. NOT normative SB's
  - CONCRETE connection between PTS symptoms and PSB's (including where there is NOT a connection)
- Affect
  - Susan Schmidt's tool for Caregivers
  - Keep in mind the emotional fallout of PSBs (esp intrafamilial) are BBBAAADDDD
- Cognitive Coping
  - The triangle is the HEART of the PSB CBT Treatment

26

Psychoeducation Overview (preteens) – Education is a VERB not a noun

- Preschool and School Age
  - Body education
    - ACTUAL anatomically correct names
  - Ok vs. Not Ok Touch
    - Why do we NOT use "good touch/bad touch"?
  - "Hula" Space
    - I have literal hula hoops in my office
  - Private Part Rules

We'll talk about this more in Caregiving because THEY are the ones who will be delivering it.

27

Common Myths I Hear

- ESPECIALLY Children 6 or younger . . .
  - Can't engage in treatment
  - ONLY respond to behavioral modification
  - ONLY respond to play therapy
  - Require highly specialized training to work with
  - Do not have a high enough IQ/Cognitive functioning to do EBP's
  - Can't do CBT (or any EBT) because they don't have thoughts

28

AAP for our preteens

- https://www.healthychildren.org/English/ages-stages/preschool/Pages/Sexual-Behaviors-Young-Children.aspx
- Nancy Kellogg
  - 2009 article
  - 2010 article

29

Masturbation is normal. It is.

- It is a normative behavior. I apparently have to have a whole slide just on this.
- Retrospective study prior to the age of 18

  90-94% of boys masturbate

  51-60% of girls masturbate

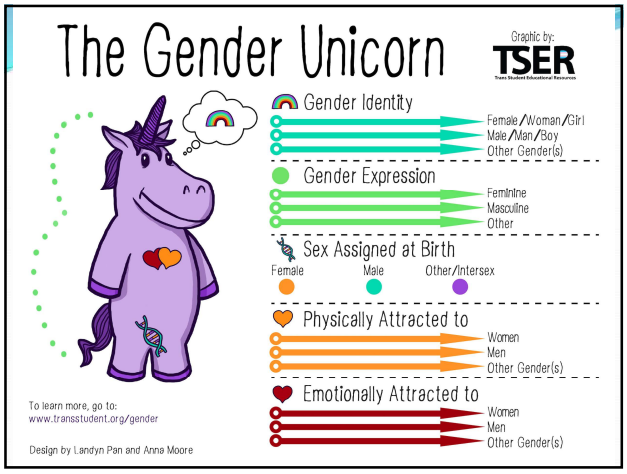
  Strachon & Staples. (2012). Masturbation. Pediatrics. Vol 33 (4). 190-191

Let's take a look at the "Private Part Rules"

30

This next section is titled:
The State of Texas can go SUCK IT

31



32

Preteen Psychoed

- Let's go back to AAP resources for preteen
- Just so I say it
  - The National Child Traumatic Stress Network, the American Academy of Pediatrics, the American Medical Association, the American Professional Society for Abused Children, the International Society for Traumatic Stress Studies, Michael Gomez, the guy I sat next to on my Chicago flight, the TF-CBT Trainers Network, etc, etc
  - **ALL SAY CONVERSION THERAPY IS ABUSE!!!!!!!!!!!!!!**

33

REALLY good resources

- Two places we're going to

1. Trevor Project
   - https://www.thetrevorproject.org/
2. TFCBT LGBTQ Implementation Manual
   - https://tfcbt.org/tf-cbt-lgbtq-implementation-manual/
     - ***Beliefs vs. Actions***
     - ***My West Texas Dad***

34

Parenting/Caregiving

35

GET. YOUR. FBA. DOWN. COLD.

- Frequency
- Duration
- Intensity
- Biology

Across

- *Before*
- *During*
- *After*

36

Responding to Normative Sexual Behavior/Play

- **Get calm.**
- Stop the behavior if in progress
- **Calmly** respond as appropriate – such as teach:
  - Accurate education about names and functions of all body parts;
  - Developmentally appropriate sexual education;
  - Information about social rules of behavior and privacy;
  - Information about respecting their own bodies; and
  - Information about friendships and relationships with others.

37

Responding to PSB

- **Get calm.**
- Stop the behavior if in progress and get kids safe
- **Calmly** provide:
  - Relevant rules and expectations;
  - Developmentally appropriate sexual education;
  - Consequences as needed;
  - Increased visual supervision;
  - Strategies to prevent future PSB
  - Recommendations for Supervision and Parenting (handout)
  - Determine if professional help is needed
  - Reporting requirements

38

Teaching Boundaries to Children

Here is our algorithm

1. OK/Not OK Touch or Safe/Unsafe Touch
   - Why don't we use Good Touch/Bad Touch?
2. Hula Space!!!
   - Or whatever you like to use
3. Private Parts (ACTUAL names)
   - No more cutsy terms "My 'Ah Ah'"
   - Why do we do this?
4. Private Part Rules

CAREGIVERS teach this . . . We HELP the CG teach "Sheriff's Deputy Rule"

39

Rules about Sexual Behavior: Preschool Private Part Rules

- No touching other people's private parts.
- No other people touching your private parts.
- No showing private parts to other people.
- No touching your own private parts when others are there.
- Touching your own private parts when you are alone is ok.*

40

Rules about Sexual Behavior: School-Age Private Part Rules

- It is not okay to look at other people's private parts.
- It is not okay to show other people your private parts.
- It is not okay to touch other people's private parts.
- It is okay to touch your private parts as long as you are in private and do not take too much time.*
- It is not okay to use sexual language or make other people feel uncomfortable with your sexual behavior.

41

Parenting and Affect in PSB Tx

- Susan Schmidt's Method
- Common Feeling → Common Parent Reaction → Considerations for Parents
  - Confusion/Disbelief
  - Anger
  - Fear
  - Guilt/Embarrassment
  - Not an exhaustive list

42

COMMON EXPERIENCES OF PARENTS AND CAREGIVERS

Adolescent illegal sexual behavior is something no parent expects or is prepared to face. Below are common reactions and experiences shared by parents and caregivers who have found themselves in this challenging situation.

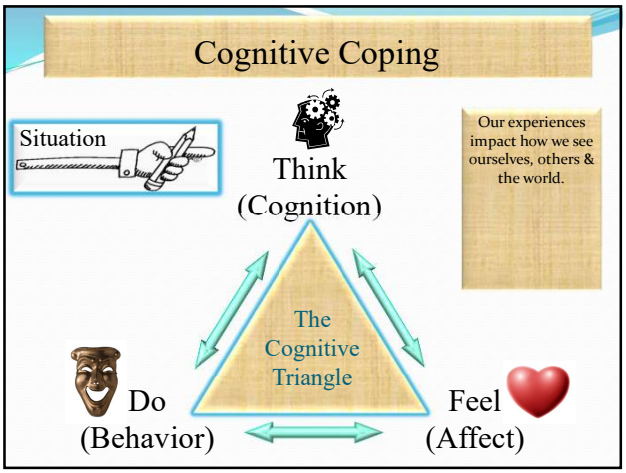
COMMON PARENT FEELINGS	COMMON PARENT REACTIONS	CONSIDERATIONS FOR PARENTS
Confusion or Disbelief	"There must be a mistake." "My teen wouldn't do that." "Stories I'm hearing about what happened are so different that I don't know who to believe."	• It's normal for parents to question whether their teen engaged in an illegal sexual behavior. No parent expects their teen to do something like this. • Although it can happen, it's very rare for teens to be falsely accused of illegal sexual behavior. If you believe that your teen has been falsely accused, discuss this with your teen lawyer. No professional wants a teen to admit to something they didn't do. • Many teens initially deny or don't tell everything about their illegal sexual behavior for different reasons including: ◦ Trying to avoid consequences ◦ Not wanting to disappoint parents or others they care about ◦ Shame and embarrassment about what they did • To more clearly understand what happened, some parents may find it helpful to review wit a therapist available police reports or interviews. The pros and cons of this should first be weighed with a therapist, as this information may be distressing to read or hear. • When a teen appears hesitant to be truthful, it's helpful for parents to reassure the youth o their love and commitment regardless of the teen's behavior.

43

CBT is the beating heart of PSB Tx

44

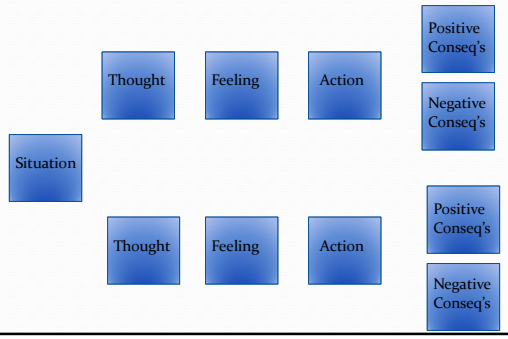
Cognitive Coping



45

Cognitive Triangle

- Doesn't have to be a geometric triangle



46

The Essence of Triangle Work



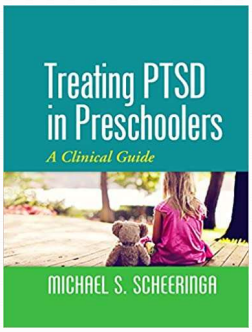
47

Some of my go to's

- You'll hear me say "What did you say to yourself to make that ok?" a lot with these kids
- Consequences make a triangle
  - Without consequences, you don't have CBT, you have geometry
- Preteens I LOVE Matt's "Thinking Team!!"
- And ABOVE ALL ELSE!!!
  - ***Make sure the caregiver is practicing this***

48

What does CBT nuts and bolts look like for kids 6 and under?



49

What CBT looks like for a 3 or 4 year old

- https://www.youtube.com/watch?v=kkZe1v17UeM&list=LL&index=35

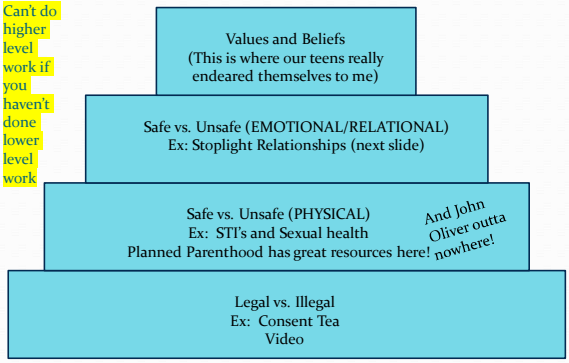
50

Pre-teens are puppies; Teens are cats

51

Here's a good psychoed algorithm for teens

Can't do higher level work if you haven't done lower level work



WHO TO TELL

52

Legal vs. Illegal

- Start with YOUR state laws
  - Homework assignment HAS TO BE DONE WITH THE CAREGIVER IN THE ROOM!!!!
- To cut the knot for this one just use this
  - CONSENT TEA!!!
  - https://www.youtube.com/watch?v=fGoWLWS4-kU

53

Safe vs. Unsafe (Physical)

- This is basically your STI section
- There are a LOOOT of resources out there (American Academy of Pediatrics, Planned Parenthood, Trevor Project, SAMSHA, etc, etc, etc
- To tell you why we need to cover this, here are just a few of the medical "facts" our teens shared with us
- If you grew up where I did you were handed a gift from the gods

54

Safe/Unsafe (emotional): Stoplight Relationships

1. Key points: BEHAVIORS are red, yellow, or green, not people
2. Red Light Relationship Behaviors
   - ALWAYS no go's: Any violence, cheating, exploitation
   - Say these as statements of FACT
   - Ex: ~~"But he apologized after he hit me"~~
3. Green Light Relationship Behaviors
   - Positive relationship behaviors
   - These they get pretty fast
   - Being honest, compliments, good communication
4. So set the extremes, Red vs. Green then go to Yellow
5. Can also give for homework "Circle of Friends"

55

Safe/Unsafe (emotional): Stoplight Relationships

- Yellow Light Relationship Behaviors
  - Passive aggressiveness is usually a good starting point.
  - Gottman's "4 Horsemen" are the meat of this:
    - Stonewalling (Bad)
    - Defensiveness (Worse)
    - Criticism (REALLY Bad)
    - Contempt (Nuclear)
- KEY PT with the stoplights: There's an "exchange rate"
- Semi-arbitrary: Example → 1 Yellow = 10 Greens
  - "Exchange rate" comes from John Gottman's research.
- Orange Light Relationship Behaviors
  - You do enough yellows in a row, yellow turns to orange
    - And orange can get so dark it's red ☹
  - You do enough greens in a row after a yellow, turns green(ish) but they CAN'T DO THAT YELLOW AGAIN!!!
- Do NOT forget "The Janet Jackson Rule"

56

Boyfriends



Johnny hit me.

-Infinity



Sam KEPT yelling at me in front of everyone even when I told him to stop.

-20



Sam yelled at me in front of everyone.

-5



Adam gave me a card on Valentine's.

1

Final Score Card
1. Adam = 1
2. Sam = -25
3. Johnny = - Infinity

57

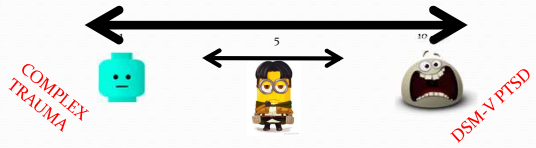
Polling Question 3

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

1) True
2) False

58

Purpose of Trauma Narration



- Goal = DESENSITIZE (or sensitize for CT)
  - You CAN talk about this even if it is uncomfortable (ergo 4-7 range)
  - "Goldilocks Rule" as demonstrated by Esther Deblinger
- 10 is too much → DSM-V PTSD
- 1 is too little (either numb or disconnected) → Complex Trauma
- SUFFER the slings and arrows of outrageous fortune, not avoid them

59

Purpose of Disclosure and "Restitution"



"She kinda asked for it"

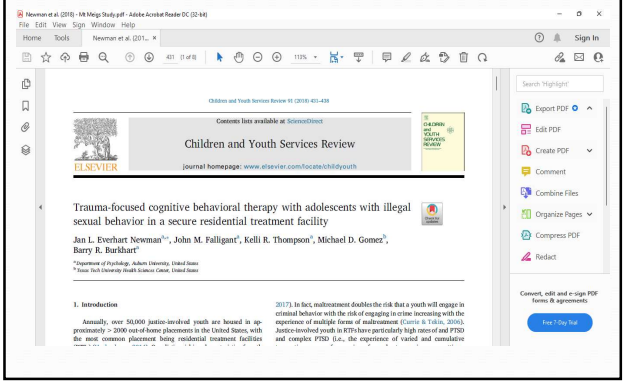
"What I did was wrong and hurt my sister"

"I want to kill myself"

- Goal = SENSITIZE
  - What you did was wrong and hurt someone
  - But YOU, yourself, are not a worthless person
- 10 is too much
- 1 is too little

60

BIG Caveat


Children and Youth Services Review

journal homepage: www.elsevier.com/locate/childyouth

Trauma-focused cognitive behavioral therapy with adolescents with illegal sexual behavior in a secure residential treatment facility

Jan L. Everhart Newman[a,*], John M. Falligant[a], Kelli R. Thompson[b], Michael D. Gomez[b], Barry R. Burkhart[a]

1. Introduction

61

Take home points

- BALANCED view
  - ~~"Well he was sexually abused so it's ok he did this"~~
  - ~~"Well he's sexually acting out so he's a pedophile"~~
- It's a sexual **BEHAVIOR** problem
  - Ergo, behavior management skills are essential
- Treatments with a CBT nucleus and SKILLS focused are VERY effective
  - Especially TF-CBT if the kid has trauma
  - Don't forget what you already know
- Treatments that are "adult pedophile" treatments are at best null and at worst harmful for these kids
- With Complex Trauma ALWAYS treat the traumatic stress prior to doing more intensive PSB work (e.g., "disclosure")

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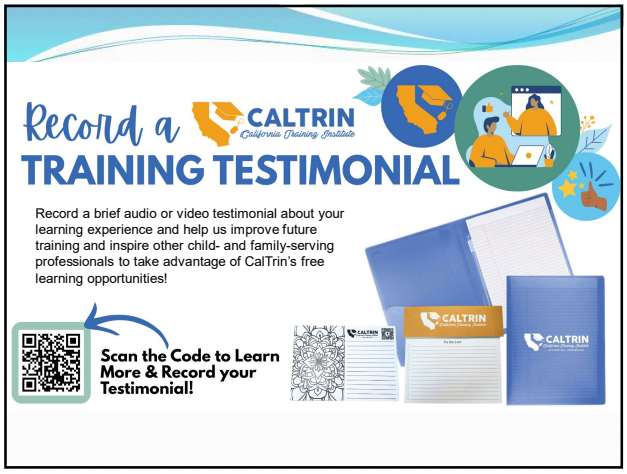
THANK YOU!

Michael Gomez, Ph.D.
drmichaelgomezebt@gmail.com

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Thanks for joining us!
WHAT'S NEXT?
• Survey and certificate in the chat now
• Follow-up email with resources within two days
• Watch your inbox for the next issue of CalTrin Connect
Stay Connected for More Free Training & Resources!
VISIT CALTRIN.ORG & SCAN TO LEARN MORE
FOLLOW US! AND CHECK OUT TRAINING REPLAYS ON YOUTUBE!

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Record a CALTRIN
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TRAINING TESTIMONIAL
Record a brief audio or video testimonial about your learning experience and help us improve future training and inspire other child- and family-serving professionals to take advantage of CalTrin's free learning opportunities!
Scan the Code to Learn More & Record your Testimonial!
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