

WILEY SERIES
FOREN
CLINIC
PSYCHOLOG

Cognitive Behavioural Treatment of Sexual Offenders

William L. Marshall,
Dana Anderson
and
Yolanda Fernandez

WILEY

COGNITIVE BEHAVIOURAL TREATMENT OF SEXUAL OFFENDERS

William L. Marshall

Dana Anderson

and

Yolanda Fernandez

Queen's University, Kingston, Ontario, and

Bath Institution Sexual Offenders' Program, Ontario, Canada

With contributions from

Rachel Mulloy

Queen's University, Kingston, Ontario, Canada

and

Anthony Eccles

Eccles, Hodgkinson & Associates, Forensic Behaviour Services, Ontario, Canada

JOHN WILEY & SONS, LTD

Chichester · New York · Weinheim · Brisbane · Singapore · Toronto

Copyright © 1999

John Wiley & Sons Ltd, The Atrium, Southern Gate, Chichester,
West Sussex PO19 8SQ, England

Telephone (+44) 1243 779777

Email (for orders and customer service enquiries): cs-books@wiley.co.uk

Visit our Home Page on www.wileyeurope.com or www.wiley.co.uk

Reprinted December 2000, March 2003, March 2004, June 2005, August 2006

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except under the terms of the Copyright, Designs and Patents Act 1988 or under the terms of a licence issued by the Copyright Licensing Agency Ltd, 90 Tottenham Court Road, London W1T 4LP, UK, without the permission in writing of the Publisher. Requests to the Publisher should be addressed to the Permissions Department, John Wiley & Sons Ltd, The Atrium, Southern Gate, Chichester, West Sussex PO19 8SQ, England, or emailed to permreq@wiley.co.uk, or faxed to (+44) 1243 770571.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold on the understanding that the Publisher is not engaged in rendering professional services. If professional advice or other expert assistance is required, the services of a competent professional should be sought.

Other Wiley Editorial Offices

John Wiley & Sons Inc., 111 River Street, Hoboken, NJ 07030, USA

Jossey-Bass, 989 Market Street, San Francisco, CA 94103-1741, USA

Wiley-VCH Verlag GmbH, Boschstr. 12, D-69469 Weinheim, Germany

John Wiley & Sons Australia Ltd, 33 Park Road, Milton, Queensland 4064, Australia

John Wiley & Sons (Asia) Pte Ltd, 2 Clementi Loop #02-01, Jin Xing Distripark, Singapore 129809

John Wiley & Sons Canada Ltd, 22 Worcester Road, Etobicoke, Ontario, Canada M9W 1L1

British Library Cataloguing in Publication Data

A catalogue record for this book is available from the British Library

ISBN 10: 0-471-97566-4 (PB) ISBN 13: 978-0-471-97566-3 (PB)

Typeset in 10 / 12pt Palatino by Dorwyn Ltd, Rowlands Castle, Hants

Printed and bound in Great Britain by TJ International, Padstow, Cornwall

This book is printed on acid-free paper responsibly manufactured from sustainable forestry in which at least two trees are planted for each one used for paper production.

COGNITIVE BEHAVIOURAL TREATMENT OF SEXUAL OFFENDERS

WILEY SERIES IN FORENSIC CLINICAL PSYCHOLOGY

Edited by

Clive R. Hollin

Centre for Applied Psychology, The University of Leicester, UK

and

Mary McMurran

Centre for Applied Psychology, The University of Leicester, UK

COGNITIVE BEHAVIOURAL TREATMENT OF SEXUAL OFFENDERS

William L. Marshall, Dana Anderson and Yolanda Fernandez

Further titles in preparation

VIOLENCE, CRIME AND MENTALLY DISORDERED
OFFENDERS: Concepts and methods for effective treatment and
prevention

Sheilagh Hodgins and Rüdiger Müller-Isberner (*Editors*)

We hate the criminal, and deal with him severely, because we view in his deed, as in a distorting mirror, our own criminal instincts.

Sigmund Freud, 1856–1939

LIST OF TABLES AND FIGURES

TABLES

- 4.1 Therapist features
- 4.2 Some relevant features of people low in self-esteem
- 4.3 Social self-esteem of child molesters
- 4.4 Relationships between self-esteem and other deficits in child molesters
- 5.1 Features of denial and minimization
- 6.1 Empathy scores on Fernandez et al.'s measure
- 6.2 Treatment changes in empathy among child molesters
- 7.1 Results of research on intimacy and loneliness
- 7.2 Bartholomew and Horowitz's attachment model
- 8.1 Phallometric responses of sexual offenders
- 8.2 Procedures for modifying deviant preferences
- 9.1 Coping among sex offenders
- 10.1 Negative and positive treatment outcome from several programs

FIGURES

- 3.1 Allocation to treatment programs in the Ontario Region of Correctional Services of Canada
- 9.1 Pithers' model of the offence chain
- 9.2 Our version of the offence chain
- 10.1 Survival rates for treatment completers in California's Treatment and Evaluation Project.

ABOUT THE AUTHORS

William L. Marshall, Ph.D.

William L. Marshall, Ph.D., is a Professor of Psychology and Psychiatry at Queen's University in Kingston, Canada. Bill is an active clinician and researcher, and has over 200 publications including five books, most of which concern sexual offending. He is currently President-elect of the Association for the Treatment of Sexual Offenders and is a past recipient of that Association's Lifetime Achievement Award. Bill is also the 1999 recipient of the Queen Sophia Centre's Santiago Grisolia Chair.

Yolanda Fernandez, M.A.

Yolanda Fernandez has an M.A. from Queen's University. She is currently in the third year of a Ph.D. at Queen's. In addition to her studies, Yolanda is a therapist for the Sexual Offender Program at Bath Institution (a medium security federal penitentiary). She is an active researcher whose 15 publications include one co-authored book and one co-edited book.

Dana Anderson, M.A.

Dana Anderson has an M.A. from Queen's University. Dana is working on her Ph.D. at Queen's, and is the Clinical Director of the Sexual Offenders' Treatment Program at Kingston Penitentiary (a maximum security federal penitentiary). She is an active researcher and, among her publications, she has co-authored one book on the treatment of sexual offenders.

CONTRIBUTORS

Rachel Mulloy

Rachel Mulloy is a graduate student at Queen's University. Her interest in attachment theory began as an undergraduate at Simon Fraser University in British Columbia. Since then, she has used this theoretical framework in several different research areas, including romantic relationships, juvenile delinquency, and adult offending.

Anthony Eccles, Ph.D.

Dr Tony Eccles received his doctorate from Queen's University. He currently runs a community-based forensic clinic that provides assessment and treatment services to sexual offenders. His research interests include denial and minimization in sexual offenders and phallometric assessment methodology.

SERIES EDITORS' PREFACE

ABOUT THE SERIES

At the time of writing it is clear that we live in a time, certainly in the UK and other parts of Europe, if perhaps less so in other parts of the world, when there is renewed enthusiasm for constructive approaches to working with offenders to prevent crime. What do we mean by this statement and what basis do we have for making it?

First, by "constructive approaches to working with offenders" we mean bringing the use of effective methods and techniques of behaviour change into work with offenders. Indeed, this might pass as a definition of forensic clinical psychology. Thus, our focus is application of theory and research in order to develop practice aimed at bringing about a change in the offender's functioning. The word *constructive* is important and can be set against approaches to behaviour change that seek to operate by destructive means. Such destructive approaches are typically based on the principles of deterrence and punishment, seeking to suppress the offender's actions through fear and intimidation. A constructive approach, on the other hand, seeks to bring about changes in an offender's functioning that will produce, say, enhanced possibilities of employment, greater levels of self-control, better family functioning, or increased awareness of the pain of victims.

A constructive approach faces the criticism of being a "soft" response to damage caused by offenders, neither inflicting pain and punishment nor delivering retribution. This point raises a serious question for those involved in working with offenders. Should advocates of constructive approaches oppose retribution as a goal of the criminal justice system as incompatible with treatment and rehabilitation? Alternatively, should constructive work

with offenders take place within a system given to retribution? We believe that this issue merits serious debate.

However, to return to our starting point, history shows that criminal justice systems are littered with many attempts at constructive work with offenders, not all of which have been successful. In raising the spectre of success, the second part of our opening sentence now merits attention: that is, "constructive approaches to working with offenders *to prevent crime*". In order to achieve the goal of preventing crime, interventions must focus on the right targets for behaviour change. In addressing this crucial point, Andrews and Bonta (1994) have formulated the *need principle*:

Many offenders, especially high-risk offenders, have a variety of needs. They need places to live and work and/or they need to stop taking drugs. Some have poor self-esteem, chronic headaches or cavities in their teeth. These are all "needs". The need principle draws our attention to the distinction between *criminogenic* and *noncriminogenic* needs. Criminogenic needs are a subset of an offender's risk level. They are dynamic attributes of an offender that, when changed, are associated with changes in the probability of recidivism. Non-criminogenic needs are also dynamic and changeable, but these changes are not necessarily associated with the probability of recidivism. (p. 176)

Thus, successful work with offenders can be judged in terms of bringing about change in noncriminogenic need *or* in terms of bringing about change in criminogenic need. While the former is important and, indeed, may be a necessary precursor to offence-focused work, it is changing criminogenic need that, we argue, should be the touchstone of working with offenders.

While, as noted above, the history of work with offenders is not replete with success, the research base developed since the early 1990s, particularly the meta-analyses (e.g. Lösel, 1995), now strongly supports the position that effective work with offenders to prevent further offending is possible. The parameters of such evidence-based practice have become well established and widely disseminated under the banner of "What Works" (McGuire, 1995).

It is important to state that we are not advocating that there is only one approach to preventing crime. Clearly there are many approaches, with different theoretical underpinnings, that can be applied. Nonetheless, a tangible momentum has grown in the wake of the "What Works" movement as academics, practitioners, and policy makers seek to capitalise on the possibilities that this research raises for preventing crime. The task now facing many service agencies lies in turning the research into effective practice.

Our aim in developing this Series in Forensic Clinical Psychology is to produce texts that review research and draw on clinical expertise to advance effective work with offenders. We are both committed to the ideal of evidence-based practice and we will encourage contributors to the Series to

follow this approach. Thus, the books published in the Series will not be practice manuals or "cook books": they will offer readers authoritative and critical information through which forensic clinical practice can develop. We are both enthusiastic about the contribution to effective practice that this Series can make and look forward to it developing in the years to come.

ABOUT THIS BOOK

There are many different types of crime but it is difficult to imagine, with the exception of murder, that any crime has the same destructive impact as sex offences. It is clear that the physical and psychological effects of sexual attacks can scar both individuals and their friends and families for life. The prevention of sexual crime is therefore one that rightly demands much public attention and concern: communities wish to be safe from all crime, but there is a particular anxiety that adults and children are safe from sexual attack.

Acknowledging that many sex offences remain hidden from public view, the issue remains of how the criminal justice system should manage known sex offenders. Professor Marshall is a leading advocate of the view that forensic clinical psychology has a role to play in preventing recidivism with this type of offender. In this book Professor Marshall and his colleagues offer a frank description and appraisal of many of the issues related to working with sexual offenders. The interplay between research and practice is writ large throughout the text, honestly highlighting the weaknesses as well as the strengths of the field.

In our view this is an excellent book that will richly inform researchers and practitioners. We are delighted to have it as the first book in our new Series.

August 1999

Clive Hollin and Mary McMurren

References

- Andrews, D.A., & Bonta, J. (1994). *The Psychology of Criminal Conduct*. Cincinnati, OH: Anderson Publishing Co.
- Lösel, F. (1995). Increasing consensus in the evaluation of offender rehabilitation? Lessons from recent research syntheses. *Psychology, Crime & Law*, **2**, 19–39.
- McGuire, J. (Ed.). (1995). *What Works: Reducing Reoffending*. Chichester: John Wiley.

PREFACE

Despite the fact that we have had a clinical program for the assessment and treatment of sexual offenders in a community setting for 29 years, and in various prison settings for 26 years, this book represents our first attempt at comprehensively describing our work. Part of the impetus to write this book came in the form of a request by Clive Hollin for us to consider contributing to the series he is editing for John Wiley & Sons. In addition, we have increasingly had requests for details of our program that were not addressed in sufficient detail in our journal articles or book chapters; writing a book describing our program seemed like a reasonable response to these requests. We also teach a course on the assessment and treatment of sexual offenders for which there is no currently available book that covers the issues addressed in this course. Finally, we believe, rightly or wrongly, that there are some unique features to our approach in which others may be interested. John Wiley & Sons were, fortunately, persuaded that the publication of our manuscript was worthwhile. We hope this faith will be justified.

Sexual offending, as we will make clear in this book, is an extensive problem in our societies causing untold harm to many innocent victims. It, therefore, behooves us to take whatever actions we can to reduce its frequency and alleviate the suffering of those so abused. However, sexual offenders also typically have a personal history of abuse of various kinds and it seems obvious to us that most of them would prefer to live offence-free lives. It takes courage, however, for them to face their own problems and to deal with the consequences of their actions on their victims, the victims' families, and their own families and friends. Our treatment program presses these offenders into facing the facts and taking responsibility for their actions, but we attempt to do so in a firm but supportive manner.

We believe this is not only a humane approach, but also the most effective way to engage the offenders in the process of change toward a better, more satisfying, and less damaging lifestyle.

Many people, including numerous colleagues and ex-students, have helped us along the way. Without their very significant contributions, this book could not have been conceived in its present form. In particular, our erstwhile colleague and continuing friend, Howard Barbaree, has made an immeasurable and direct contribution to our thinking about sexual offenders. Similarly, Gene Abel, Richard Laws, Bill Murphy, Janice Marques, Bill Pithers and Vern Quinsey have indirectly contributed to, or challenged, our thinking over the years, and we are grateful to them.

In the process of producing this book, several people at John Wiley, namely Michael Coombs, Wendy Hudlass and Lesley Valerio, have been inexhaustibly patient in waiting for our manuscript, whose generation was held up by a seemingly endless series of unexpected delays. Clive Hollin has been his usual helpful self, and we thank him.

Our colleague, Liam Marshall, has offered support and challenges, and our partners, Jean, Steve, and Gord gave us encouragement when we needed it most. Most of all, we would like to thank Val Angus, who not only typed the manuscript, but also offered very constructive feedback. Val's patience and energy seem unlimited, and we are extremely grateful to her.

Finally, we thank our clients whose challenges and courage to change have made our work so rewarding.

WILLIAM L. MARSHALL
DANA ANDERSON
YOLANDA FERNANDEZ

***Related titles of
interest...***



WILEY

**Handbook of Offender Assessment and
Treatment**

CLIVE HOLLIN

0471 988588 December 1999 650pp Hardback

**Handbook of the Psychology of
Interviewing**

AMINA MEMON and RAY BULL

0471 974439 February 1999 380pp Hardback

**The Handbook of Forensic Psychology
2nd Edition**

ALLEN K. HESS and IRVING B. WEINER

0471 177717 December 1998 832pp Hardback

**Changing Lives of Crime and Drugs
Intervening with Substance-Abusing Offenders**

GLENN D. WALTERS

0471 97658X 162pp February 1998 Hardback

0471 978418 162pp February 1998 Paperback

The Psychology of Criminal Conduct

RONALD BLACKBURN

0471 961752 1995 506pp Paperback

CONTENTS

<i>List of tables and figures</i>	viii
<i>About the authors</i>	ix
<i>Series preface</i>	xi
<i>Preface</i>	xiii
1. Introduction	1
2. The development of cognitive behavioural approaches	9
3. The structure, context and format of treatment	32
4. Therapeutic processes and client self-esteem	39
5. Cognitive distortions	59
6. Empathy	73
7. Social functioning <i>by Rachel Mulloy and William L. Marshall</i>	93
8. Sexual preferences	110
9. Relapse prevention <i>by Anthony Eccles and William L. Marshall</i>	127
10. Treatment outcome	147
<i>Bibliography</i>	164
<i>Index</i>	196

Chapter 1

INTRODUCTION

Homo sum: humani nil a me alienum puto (I am a man, and nothing pertaining to man is alien to me).

Terence 190–159BC

Sexual offending constitutes a very serious problem in western societies. While there are problems in providing an estimate of the incidence and prevalence of sexual abuse, the available data strongly suggest that many lives are damaged by these offenders. It is characteristically assumed that the damage that results from sexual abuse is limited to the victim and, indeed, the evidence reveals that in most cases the consequences to the victim are extensive and traumatizing (Ageton, 1983; Beitchman et al., 1992; Conte, 1988; Finkelhor & Browne, 1985; Koss & Harvey, 1991). However, the victim's family (both present and future) is also profoundly affected and so too are the members of the offender's family.

Official data, derived from police and court records, appear to be an underestimate of the actual incidence. Many people indicate they have been the victim of sexual abuse but have not reported the offence to the authorities, and this is true of child molestation (Russell, 1986) and rape (Russell, 1984). Although similar systematic studies of exhibitionism, voyeurism and frotteurism have not been reported, it seems safe to assume that these crimes are also markedly underreported. As a result, researchers have turned to surveys of the general population to estimate the frequency of sexual crimes.

The Committee on Sexual Offenses against Children and Youth (1984) reported the results of national surveys of Canadians. These data revealed that one-half of the female and one-third of the male respondents had been sexually victimized, with 70% of the male victims and 62% of the females victims indicating that the assaults occurred when they were prepubescent.