

# **Sex Offender Treatment**

**A Case Study Approach to  
Issues and Interventions**

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**Edited by**

**Daniel T. Wilcox, Tanya Garrett, and Leigh Harkins**

**WILEY** Blackwell

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## Sex Offender Treatment

# About the Editors

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**Tanya Garrett** is a registered clinical and forensic psychologist in private practice and an honorary senior lecturer at the University of Birmingham Centre for Forensic and Criminological Psychology. Tanya's published research relates to sexual violations in therapy and clinical psychology training, ethical issues in therapy, and sexual offender treatment and evaluation.

**Leigh Harkins** is an assistant professor in the Faculty of Social Science and Humanities, University of Ontario Institute of Technology, Canada. She has experience working in treatment groups for sexual offenders, completing psychological assessments in prisons and community criminal justice settings in Canada and the UK. Leigh's published research focuses on sexual aggression, offender rehabilitation, and multiple-perpetrator offending.

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**Anthony R. Beech**, D.Phil, C.Sci, FBPSS, C.Psychol, has authored over 160 articles, 42 book chapters, and six books in the area of forensic science. Professor Beech was the 2009 recipient of the Senior Award from the Division of Forensic Psychology, British Psychological Society for a significant lifetime contribution to Forensic Psychology.

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**Franca Cortoni** received her PhD in clinical and forensic psychology from Queen's University at Kingston, Ontario. Since 1989, she has worked with and conducted research on male and female sexual offenders. Dr. Cortoni is Associate Professor at the School of Criminology of the Université de Montréal and Research Fellow at the International Centre of Comparative Criminology. Dr. Cortoni has edited a book on female sexual offenders and a book on criminal violence (in French), and has published extensively and made numerous presentations at national and international conferences on sexual offender issues. She is a member of the Editorial Board of *Sexual Abuse: A Journal of Research and Treatment* and of the International Advisory Board of the *Journal of Sexual Aggression*.

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**Elizabeth Hayes** is an expert advisor in criminal justice corrections, in the UK and internationally, with a particular emphasis on the assessment, treatment, and management of sexual offenders. She has a professional background in probation and criminal justice social work with established clinical experience followed by regarded expertise in practice, policy, and strategy development. Most recently Ms. Hayes was national Head of Probation Sex Offender Treatment in the Ministry of Justice for England and Wales; her advancements of practice whilst in post included the design and national implementation of the I-SOTP; an accredited treatment program exclusively for online sexual offenders. Ms. Hayes is now CEO of an NGO she has established, providing criminal justice services in the UK and abroad. In Europe, she is currently employed on a number of European Union-led projects, directed at advancing provisions for the effective management of sexual offenders across multiple jurisdictions. In the UK, Ms. Hayes is currently expert advisor to the Scottish Government Justice Department, where she has completed the design of a new national sex offender treatment program, providing for an integrated approach to the treatment of online sexual offenders and a unified provision for delivery across prisons and community correctional settings. Ms. Hayes is on

international forums and registers of experts, present at professional conferences and symposia in the UK and abroad, and is published in her field.

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**Clive Hollin** is Professor of Criminological Psychology in the School of Psychology at The University of Leicester, UK. He wrote the best-selling textbook *Psychology and Crime: An Introduction to Criminological Psychology* (2nd ed., 2013, Routledge). In all, he has published 22 books alongside over 300 other academic publications. As well as his various university appointments, he has worked as a psychologist in prisons, the Youth Treatment Service, special hospitals, and regional secure units.

**Adarsh Kaul** worked as a consultant forensic psychiatrist from 1994 onwards at secure psychiatric hospitals and in community forensic service managing medium and high risk mentally disordered offenders in the community. Having worked in prisons since 1988, Dr. Kaul moved fully into prison psychiatry with the formation of the Offender Health Directorate in Nottinghamshire Healthcare NHS Trust. He is Clinical Director of Offender Health, which provides healthcare to 11 prisons in the South Yorkshire and East Midlands regions of UK. He is a Fellow of the Royal College of Psychiatrists and has an MA in criminology. He was one of the founder members of Leicestershire Multiagency Public Protection Arrangements and worked for 7 years for the National Parole Board in England and Wales. He is currently a medical member of the Her Majesty's Courts & Tribunals Service and is also a member of the National Health and Justice Clinical Reference Group. Since 2010 he has worked at HMP Whatton, a prison exclusively for sex offenders in Nottinghamshire, where he has also started a prison based program of treatment with anti-libidinal drugs for high and very high risk sex offenders who have not adequately responded to psychological treatments.

**Rebecca Lievesley** is a research fellow for the Sexual Offences, Crime and Misconduct Research Unit (SOCAMRU) at Nottingham Trent University and a forensic psychologist in training. All of her research is focused on offenders, particularly sexual offenders, across a number of prison and forensic establishments and organizations. Ms. Lievesley is also undertaking a PhD on desistance and re-offending in short sentenced offenders.

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**Caroline Logan** is Lead Consultant Forensic Clinical Psychologist in Greater Manchester West Mental Health NHS Foundation Trust as well as an honorary research fellow in the Institute of Brain Behaviour and Mental Health at the University of Manchester. She has worked in forensic settings for almost 20 years, working directly with clients who are at risk to themselves and others and, in a consultancy role, with the multidisciplinary teams and local and national organizations that look after and manage them. She is a former Board Member of the Scottish Risk Management Authority, the DSPD Programme Expert Advisory Group, and the Project Board of Resettle, the Merseyside clinical risk and case management service for high-risk offenders. She is currently a member of the Advisory Panel for the Close Supervision Centres and Managing Challenging Behaviour Strategy in the HMPS Directorate of High Security. She is a coauthor of the *Risk for Sexual Violence Protocol*, a structured professional judgment approach to sexual violence risk assessment and management, and a coauthor of the 2007/9 Department of Health guidelines *Best Practice in Managing Risk in Mental Health Services*. Dr. Logan has research interests in the areas of personality disorder, psychopathy, and risk, and a special interest in gender issues in offending, on which she has published two books and many articles.

**William L. Marshall** is Director of Rockwood Psychological Services, a service that provides treatment for sexual offenders. He has over 400 publications including 20 books and has served on the editorial boards of 17 international journals. He is a fellow of the Royal Society of Canada and in 2006 he was appointed an Officer of the Order of Canada.

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**Dawn Pflugrad** received her doctoral degree in clinical psychology from the Wisconsin Professional School of Psychology. She is a licensed psychologist and works for the Wisconsin Department of Corrections – Division of Community Corrections as a chief psychologist/sex offender risk assessment specialist. Dr. Pflugrad is primarily a clinician providing assessment and treatment services directly to offenders. In addition to her clinical duties, Dr. Pflugrad conducts research on female sexual offenders and issues related to female offenders in general. She has coauthored multiple peer-reviewed articles and has provided workshops on female sexual offenders at national and international conferences.

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**Karen Thorne** is a chartered and registered forensic psychologist. She specializes in the assessment and treatment of violent and sexual offender, with a special interest in noncontact sexual offenders. She has worked for HM Prison Service since 1995 and is currently a psychology service manager for East Midlands Forensic Psychology Service, Public Sector Prisons.

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**Jayson Ware** is the Executive Director of Offender Services and Programs, Corrective Services New South Wales, Australia. He has worked with sexual offenders for the past 15 years and has authored over 20 journal articles or book chapters relating to the treatment of sexual offenders. He has a particular research interest in sex offender denial and

is currently completing a PhD examining the effectiveness of treatment for sexual offenders who categorically deny committing a sexual offence.

**Belinda Winder** (PhD, Reader in Forensic Psychology, Nottingham Trent University) is Head of the Sexual Offences Crime and Misconduct unit (SOCAMRU). Dr. Winder works closely with HMP Whatton to facilitate an applied mixed-method program of research that makes a significant and practical contribution to our understanding of sexual offenders and sexual crime. Dr. Winder is leading the research team evaluating the use of anti-libidinal medication with sexually preoccupied sex offenders – work that has been ongoing since 2011. Dr. Winder is also involved with a number of other research studies, including denial, understandings of risk in Internet sex offenders, prison-based circles of support and accountability (CoSA), and religiosity in sex offenders. She is a trustee of the Safer Living Foundation – a charity set up in collaboration with HMP Whatton, Nottingham Police, and Probation Trust to offer prison-based CoSA for elderly and intellectually disabled high-risk sex offenders.

# Foreword

The treatment of sexual offenders continues to be an important and challenging topic, particularly since the actual effectiveness of treatment continues to be debated in published works by “academic experts” more often than being improved upon by actual practitioners (some of whom may also be academics). This book is more about the latter than the former, and may result in practice improvements that may in turn improve outcomes in sexual offender treatment.

A perusal of the chapter titles from this book will impress upon its readers that the treatment of sexual offenders is very complex and that treatment approaches are as varied as the types of sexual offenders themselves. While many books have been written about the treatment of sexual offenders from an academic stance, this book is perhaps more “therapist-friendly” than most due to the use of the central organizing principle of case studies in all of the treatment chapters.

The book is very well laid-out with a convincing rationale for the utility of interventions designed for delivery at the individual client level rather than the usual group level intervention. This is a very useful and unusual approach, but much needed optic for addressing the needs of challenging clients. There are very few chapters that are not about treatment per se (e.g., the “Context Issues” section), but the majority of these also have provided case studies for examples. This approach will facilitate learning by practitioners and easy application for practice and supervision. I also can see that this book would be of great benefit to students who are interested in learning about sex offender treatment, as well for supervisory discussion, seminar material, and forensic coursework application.

For me as a practitioner, the “Offender Issues” and “Specialized Intervention” sections are of absolutely stellar value. Written by expert practitioners in their respective fields, these sections provide insights into how each of these authors thinks through and plans their intervention strategies. For all practitioners who wonder how to approach a difficult case, this approach is of incredible value as it will save time and energy for both the offender and therapist. I note that another Wiley book, written by William R. Lindsay, “The Treatment of Sex Offenders with Developmental Disabilities”, was explicitly “A Practice Workbook”, whereas the present book is perhaps more implicitly a compilation of best practice by client type. While the breadth of the scope of the book, in terms of types of offenders (“Offender Issues”; 12 chapters) and “Specialized Interventions” (3 chapters), could not allow comprehensive elucidation of all components of treatment, each of these intervention chapters in general provided a background rationale regarding the client type or intervention type, assessment issues, case description, case conceptualization, treatment plan, assessment of progress in treatment, and discussion of the treatment effectiveness plus recommendations regarding best practice.

The final chapter reiterates the rationale for the book’s case study approach. In my opinion, the outstanding preceding 19 chapters should make most of this chapter, theoretically at least, redundant. There should be no doubt in any reader’s mind that the case study approach used in the book is both useful and valuable by the time they read the last chapter! That said, I also have no doubt that the academics who are not clinicians, and who doubt the utility of sexual offender treatment, will see this book as a “How To” book in an area that is of speculative utility. However, this book is not about assessing effectiveness or utility, but about promoting and enhancing best practice with an incredible range of different types of sexual offenders utilizing case studies. The authors say it best: “although case studies cannot provide conclusive evidence for the overall effectiveness of a treatment approach, they can tell us what did or did not work when these approaches were implemented in real life practice with individuals who have multiple needs and this information can be used as a guide to inform future individualized work” (page 373).

In closing, I would like to congratulate the authors for putting a new twist on the important topic of sexual offender treatment and doing it so well. I also want to enthusiastically recommend this book to practitioners working with sexual offenders, whether on a group or individual basis. The book is a summary of current thinking about a wide range of subtypes of sexual offenders, best practice with such offenders, and a novel use of the case study approach that will allow practitioners to develop expertise

with individual clients with complex needs. In my opinion, any practitioner in the field of sexual offender treatment would be very much remiss if this book was not on their real or virtual bookshelf.

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# Preface

A great many books have been written about sexual offenders. We hope that this book will not be viewed as just another run-of-the-mill volume to add to the list, to be purchased, put on the shelf, and forgotten. What we have tried to achieve here is something quite different. By bringing together top-notch international experts in the field, we hope to showcase the current state of play in sex offender treatment worldwide, with a focus on individual approaches. The treatment of sexual offenders is so often formulaic; yet, this client group is diverse and has varied needs. This is perhaps quite difficult to appreciate when so much of what is written is to do with risk assessment and group-based treatment. In this volume, we have sought to illustrate sexual offenders' diverse issues and treatment needs by emphasizing the need for individual formulation. We hope that this approach really brings alive this fascinating area of work.

We have been privileged to work with some inspiring clinicians and researchers in this field, whose influence and support we would like to acknowledge. These include Brian Thomas-Peter, David Middleton, Clark Baim, and many others who have been supportive, close, local colleagues. Birmingham, England, and the surrounding Midlands area has definitely had a history of punching above its weight, with the West Midlands Probation Service Sex Offender Unit developing the first Home Office-accredited group sex offender treatment program in the UK, and conducting the first polygraph trials with sex offenders that ultimately led to acceptance of the polygraph for use in the assessment and treatment of convicted sex offenders in the UK. The University of Birmingham, School of Forensic and Criminological Psychology was instrumental in the development of dynamic risk-assessment tools in Britain, and took the