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Rita Budrionis and Arthur E. Jongsma, Jr.

PracticePlanners[®]

Arthur E. Jongsma, Jr., Series Editor

The Sexual Abuse Victim and Sexual Offender Treatment Planner

Rita Budrionis

Arthur E. Jongsma, Jr.



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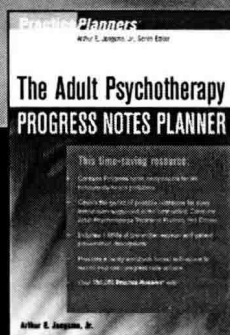
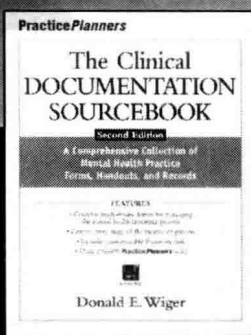
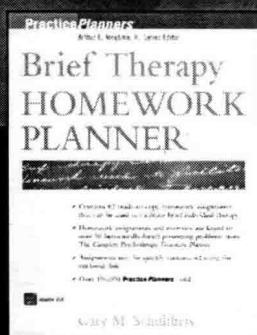
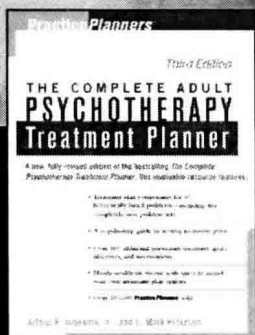
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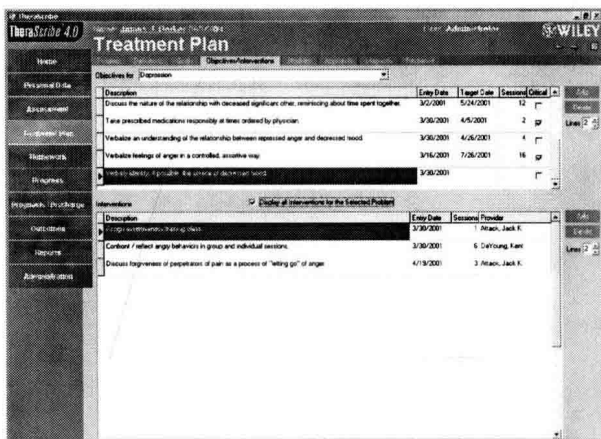
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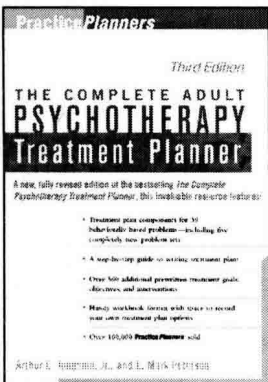
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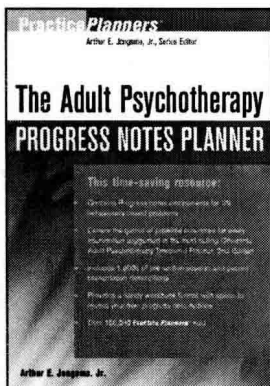


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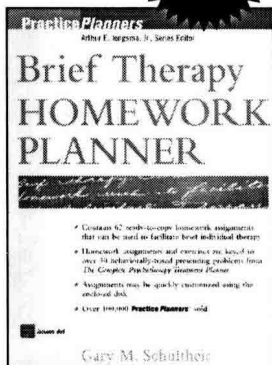
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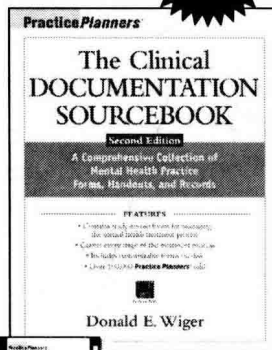
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To Alfa, Bill, Christopher, Elizabeth, Mary, and Vito. You have all been my shining inspirations, my strong supporters, my gentle critics, and my patient teachers while sharing the joys of our family.

—*Rita Budrionis*

To Peggy Alexander, Cristina Wojdylo, and Judi Knott—a publication team that is unsurpassed in quality, dedication, creativity, and supportiveness.

—*Arthur E. Jongsma, Jr.*

PRACTICEPLANNERS® SERIES PREFACE

The practice of psychotherapy has a dimension that did not exist 30, 20, or even 15 years ago—accountability. Treatment programs, public agencies, clinics, and even group and solo practitioners must now justify the treatment of patients to outside review entities that control the payment of fees. This development has resulted in an explosion of paperwork.

Clinicians must now document what has been done in treatment, what is planned for the future, and what the anticipated outcomes of the interventions are. The books and software in this *PracticePlanners* series are designed to help practitioners fulfill these documentation requirements efficiently and professionally.

The *PracticePlanners* series is growing rapidly. It now includes not only the original *Complete Adult Psychotherapy Treatment Planner*, third edition; *The Child Psychotherapy Treatment Planner*, third edition; and *The Adolescent Psychotherapy Treatment Planner*, third edition, but also Treatment Planners targeted to specialty areas of practice, including: addictions, juvenile justice/residential care, couples therapy, employee assistance, behavioral medicine, therapy with older adults, pastoral counseling, family therapy, group therapy, neuropsychology, therapy with gays and lesbians, special education, school counseling, and more.

Several of the Treatment Planner books now have companion Progress Notes Planners (e.g., Adult, Adolescent, Child, Addictions, Severe and Persistent Mental Illness). More of these planners that provide a menu of progress statements that elaborate on the client's symptom presentation and the provider's therapeutic intervention are in production. Each Progress Notes Planner statement is directly integrated with "Behavioral Definitions" and "Therapeutic Interventions" items from the companion Treatment Planner.

The list of Therapeutic Homework Planners is also growing from the original Brief Therapy Homework for adults to Adolescent, Child, Couples, Group, Family, Chemical Dependence, Divorce, Grief,

Employee Assistance, and School Counseling/School Social Work Homework Planners. Each of these books can be used alone or in conjunction with their companion Treatment Planner. Homework assignments are designed around each presenting problem (e.g., Anxiety, Depression, Chemical Dependence, Anger Management, Panic, Eating Disorders) that is the focus of a chapter in its corresponding Treatment Planner).

Client Education Handout Planners, a new branch in the series, provides brochures and handouts to help educate and inform adult, child, adolescent, couples, and family clients on a myriad of mental health issues, as well as life skills techniques. Handouts are included on CD-ROMs and are ideal for use in waiting rooms, at presentations, or as newsletters.

In addition, the series also includes TheraScribe®, the latest version of the popular treatment planning, clinical record-keeping software. TheraScribe allows the user to import the data from any of the Treatment Planner, Progress Notes Planner, or Homework Planner books into the software's expandable database. Then the point-and-click method can create a detailed, neatly organized, individualized, and customized treatment plan along with optional integrated progress notes and homework assignments.

Adjunctive books, such as *The Psychotherapy Documentation Primer*, and *Clinical, Forensic, Child, Couples and Family, Continuum of Care*, and *Chemical Dependence Documentation Sourcebook* contain forms and resources to aid the mental health practice management. The goal of the series is to provide practitioners with the resources they need in order to provide high-quality care in the era of accountability—or, to put it simply, we seek to help you spend more time on patients, and less time on paperwork.

ARTHUR E. JONGSMA, JR.
Grand Rapids, Michigan

ACKNOWLEDGMENTS

First, I would like to thank Art Jongsma as the originator of this truly valuable series of *PracticePlanners* books. Before working on this project, I frequently used his books to assist with treatment options, and particularly as documentation demands on clinicians continued to increase. I thought I did a good job of writing behavioral objectives, and then I met Art. Both Art and Jen stuck by me through my difficulties with “Plannerese” and my ADD style. Thank you!

It was particularly difficult with the sexual abuse topic to address treatment issues for victims and offenders in the same book. This was not my original plan, but the suggestion of Peggy Alexander at Wiley. With the change of plans, my focus became “No More Victims,” and it became easy to conceptualize the structure of this Treatment Planner that included objectives for both victims and offenders. Peggy, thank you for your wisdom and grace.

I owe a debt of gratitude to a number of professional colleagues and friends for their support and critiques: my dear buddy, Jane Hollingsworth, Psy.D., who tirelessly gave research information, feedback, and friendship through this project and others; Sue Casselman, Psy.D., through short and long distances before and during this project was supportive, insightful, and my very good friend; Geoff Ludford, Ed.D., for his clinical wisdom and sense of humor; and Tom Plante, Ph.D., and Tim Horton, LCSW, both gave invaluable insight into their own treatment experiences with priests and other clerics. The Female Offenders chapter was enriched by the insights provided by Julia Hislop, Ph.D. (personal communication) and Barbara Schwartz, Ph.D. (conference presentation entitled “Looking Forward: Critical Issues in the Management of the Sex Offender,” March 2002). David Cohen, M.A., at Magen Prison in Israel gave me his insights on Yetser HaRah. Two Virginia Beach probation officers par excellence, John Williams and Kate Shellman, also gave me useful feedback. And finally, credit is due to Bill Marshall for his pioneering work with sex offenders, along with other

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RITA BUDRIONIS

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