

APPENDIX 1: ACCESSIBLE SUMMARIES AND EXAMPLES OF SESSION OUTPUT

The following are examples of treatment content taken from flipcharts of actual group treatment sessions with men with intellectual disabilities at risk of sexual offending. They are not intended to be examples of model practice but rather to give facilitators ideas about how to present information to group participants. They are not intended to replace clinical explanation or group discussion. Some of the items on the flipcharts represent the ideas of men in the group.

The following are included in this appendix:

- Examples of Sex Education Content
- Examples of Victim Empathy Work
- Examples of Relapse Prevention Plans

Examples of Sex Education Content

Example 1:

This session started with a discussion about the types of choices and decisions people make in adulthood. Men were also encouraged to think about the consequences of making certain decisions, especially with regard to sex.

What is it like when you are grown up

- You can get married
- You can make decisions, e.g. where to live
- Vote → 18
- Come and go as you please - 'you are your own boss'
- Go to the pub → 18
- Friends - choose your own friends
- Responsible/mature
- Work → 16
- Consent to operation → 16
- Drive → 18
- Sex → 16
- Smoke

Why wait to 18 to vote?

Still children - have to grow up first

Children not:

- Intelligent
- Mature
- Responsible

Decisions → Consequences

Sex

Can get pregnant (have to wear a condom)

Have a baby

Looking after a baby

Can get AIDS → diseases, V.D

What can happen if you do get arrested

- Get arrested by the police
- Get handcuffed
- Get taken to the Police Station
- Take your name and fingerprints
- Search you and take your things away
- Put you in a cell
- Take you to court
- Go to jail
- Go to a secure unit
- Go on probation and a community treatment order
- Be put on a section of the Mental Health Act
- Might lose your friends and family

Example 3:

This session began with a discussion about the types of problems that group members had experienced during adolescence and things that they found helpful when in trouble. Men were also taught about the type of people that it was 'not OK' to be attracted to.

Problems we had in adolescence

- Staring at women
- Obscene phone calls
- Masturbating on the floor
- Kissing girls when they didn't want to be kissed
- Arguing with mum and dad
- Taking my sister's underwear
- Fancying people I shouldn't have fancied

What we found helped when we had trouble in adolescence

Obscene phone calls

- Use chatlines
- Massage parlour
- Phone Samaritans
- Adult magazines
- Keeping very busy (work, evening classes)

Kissing girls when they did not want to be kissed

- Don't kiss them!
- Wait until you know them well
- Ask if you can kiss them first

Staring at women

- Remember it is normal to look briefly - so look quickly and then look away
- Remember it feels unpleasant to be stared at from nearby
- If you think you did stare (or someone tells you that you did) apologise: 'I'm sorry, I didn't mean to stare.'

Stop taking sister's underwear

- She locked the door
- Bought my own (mail order)
- Being very busy (e.g. work, evening class)

To stop myself fancying people I shouldn't fancy

- Try to meet someone you can make a relationship with
- Keep yourself very busy and fully occupied

Who is it not OK to fancy?

- Your dad
- Your mum
- Your sister
- Your brother
- Your niece
- Relatives in general
- Children and babies
- Staff

Examples of Victim Empathy Work

Example 1:

This session provides an example of early victim empathy work: looking at the men's own victimisation and how it felt to be a victim.

How you feel when bad things happen to you

<u>They Said</u>	<u>You Felt</u>
When called names 'imbecile,' 'spastic,' 'wanker,' 'pillock'	Felt punished Feels hurt and want to talk to someone
Picked on in playground	Feels scared Feels like running away Feeling embarrassed
Being hit on the head by strangers	Terrible Angry
In the market, being called a 'nutter.' 'There's the nutter again' 'do you want to fight?'	Annoyed Wound up Felt scared Felt like running away
Being called at from cars ('I like you're shorts.')	Angry
People chanting song tunes at you	Terrible Angry
People ringing up and leaving horrible messages	Feels like hitting them
Being pulled into a garage and attacked by a stranger when I was a child	I can still remember his clothes, shoes, how he looks I was scared to go out I couldn't forget it
When my dad started on me	I thought it was my fault It affected my schoolwork. I started playing up I felt I couldn't tell anyone I won't never forget it. I tried to.

Example 2:

In this session men were asked to describe how victims feel, using their own experience of being victims. Discussions about how difficult it can be to discuss their own offences was described by group participants.

How victim's feel

- Angry
- Scared
- Sad
- Ashamed
- Embarrassed
- Blame themselves
- Never forget
- Feel like getting revenge
- Feel like showing people who pick on you up
- Makes you hate everyone who does wrong.

Why is it so hard to talk about what we did?

- It's bringing up the past
- Something dreadful happened
- Makes you feel angry about bad things in the past
- You regret doing it
- The consequences were horrible - like going to prison
- You feel ashamed of yourself
- You worry about what other people (in the group) will think

Example 3:

This session involved discussions about some of the types of cognitive distortions used by men who have engaged in sexually abusive behaviours.

What some people do to avoid telling:

Denial: they say they didn't do the offence

For example:

I wasn't there

It wasn't me

I was so drunk I don't remember it

Minimisation: they make their offence seem like a small thing. They say that the offence wasn't so bad.

For example:

The victim didn't mind

She's my girlfriend anyway

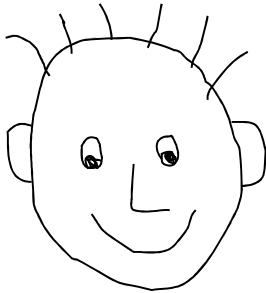
I hardly touched her

She wouldn't remember it now

Who would we believe?¹

Two men who have both done sexual offences: Fred and Pete say different things.

Who do we believe?



Fred

I won't do it again

I didn't do anything bad

I was drunk at the time

She was OK afterwards

She wasn't upset

She won't remember it now



Pete

I might do it again

I did do something bad

I knew what I was doing

She wasn't OK afterwards

She was very upset

She will always remember

We believe Pete: He is being honest. He is trying to change.

We don't believe Fred: He is not being honest. He is denying his offence. He is minimising it (making it seem small). He is not trying to change.

¹ This is an example of the type of work that may need to be done before victim empathy is introduced

Examples of Relapse Prevention Plans

Two different types of relapse prevention plans are presented. Examples 1 – 6 show a tabular model of relapse prevention (discussed in chapter 10). Example 7 shows an anonymised relapse prevention plan of a client who was quite able, so this example is quite wordy. Please note that permission was given from the client to include this example.

Example 1

GOOD:NOT OFFENDING	BAD: OFFENDING
Pink Elephant:	Film:
Picking strawberries at Farm. Sunny, hot, with 2- 3 others. Smell strawberries. Birds singing.	Touching kids all over, genitals and bottom. Penetration/sex (anal or vaginal).
Truth:	Excuses:
<ul style="list-style-type: none"> • Sex hurts young children: • Frightens and scares them • Breaks their hearts • Messes up their feelings and marriage prospects • Usually tell mum and dad and then the police. • Children need caring/attention not sex. • Sex isn't love. 	<ul style="list-style-type: none"> • Won't hurt them. • They won't tell (mum/dad/anyone). • This is how I love them.
Planning not to Offend:	Planning to Offend:
<ul style="list-style-type: none"> • Someone else around (not from the victim group). • Where someone can see. • Not carry sweets/chocolate (and not offer). • Be polite but distant. 	<ul style="list-style-type: none"> • No one around except the victim. • No one can see. • Sweets/chocolate etc. • Pretend to be a friend.
Not Offend:	Offend:
<ul style="list-style-type: none"> • Stay away from victim. • Focus on long-term consequences (for the victim and for me as the perpetrator). • Ignore short-term thrill. • Move/walk/turn away. • Say no. 	<ul style="list-style-type: none"> • Go close to victim. • Ignore long-term consequences. • Focus on thrill. • Offend

Example 2:

GOOD: NOT OFFENDING	BAD: OFFENDING
Pink Elephant:	Film:
Sitting on bench with Jimmy (the cat) on my lap with the sun shining and the birds singing.	Touching/feeling bottom and genitals. Kissing. Touching whole body.
Truth:	Excuses:
<ul style="list-style-type: none"> • I don't just want to talk I am interested in sex. • People who are friendly to young children do not grope them nor try to have sex with them. • To be friendly to young children never means to touch in a bad way. • Sex with young children will hurt them. • Young children will usually tell if they are interfered with. 	<ul style="list-style-type: none"> • Only talking. • I like them. • I love them. • They would like it. • They would enjoy it. • It won't hurt them. • They won't tell.
Planning not to Offend:	Planning to Offend:
<ul style="list-style-type: none"> • Keep away. • Don't go near. • Remember about police, court, prison, secure unit, solicitor and sentences. 	<ul style="list-style-type: none"> • Going to room, pretending to go to my room (when I really want to go to theirs). • Pretending to shut the windows. • Pretending to talk.
Not Offend:	Offend:
<ul style="list-style-type: none"> • Stay away from other people's rooms • walk away, say no • Don't get close enough to touch • Think about what will happen to child and to me • Don't ever kiss potential victims 	<ul style="list-style-type: none"> • Go to other people's bedrooms • Don't think about consequences • Get close enough to touch • Think about short-term pleasure • Offend

Example 3:

GOOD: NOT OFFENDING	BAD: OFFENDING
Pink Elephant:	Film:
In Spain in Esole Beach, sunbathing on the sand with the sun overhead. Waves are crashing and the seagulls are squawking feel the sand and hear children laughing.	Me touching their genitals. Them touching mine.
Truth:	Excuses:
<ul style="list-style-type: none"> • Sex with children hurts victims: • It makes them cry. • It messes up their mind. • It makes them heart-broken. • They will usually tell some one. • Not OK it messes everyone up. • It hurts me. 	<ul style="list-style-type: none"> • It won't hurt anyone. • They won't tell. • I'll be OK.
Planning not to Offend:	Planning to Offend:
<ul style="list-style-type: none"> • Keep away from potential victims • Remember the long term effects 	<ul style="list-style-type: none"> • Get close to victim • Ignore long-term consequences • Focus on short-term thrill of being with girl and touching her
Not Offend:	Offend:
<ul style="list-style-type: none"> • Don't go to Parks/ bus shelters/ etc: walk past children • don't talk to girls • Don't ever ask to house or bedroom • Don't show young girls how to operate computer or anything • don't offend 	<ul style="list-style-type: none"> • Go to shops/ schools/ parks/amusement arcades/ bus shelters etc. where young girls are • Talk to girls • Ask up to bedroom • show how to operate computer • Offend

Example 4:

GOOD: NOT OFFENDING	BAD: OFFENDING
Pink Elephant:	Film:
Fishing on the beach with my friend. We have some beer and food. It's night-time and we watch the moon. It's nice and quite and peaceful with no other people around.	Touching my half-sister on top underneath. Taking her clothes off and kissing her mouth. Touching her breasts and bottom/genitals.
Truth:	Excuses:
<ul style="list-style-type: none"> • She won't really like. • It will hurt her – it will mess her up inside, break her heart. • It's not a good way to show her I love her – there are better ways. 	<ul style="list-style-type: none"> • She will like it. • It won't hurt her. • I love her.
Planning not to Offend:	Planning to Offend:
<ul style="list-style-type: none"> • Could shut door on her, not let her in (although this is difficult). • Could go back downstairs and watch TV. • Could take dog out for a walk until she has gone to bed. • Avoid being on own in bedroom with half-sister. 	<ul style="list-style-type: none"> • Half-sister follows me to bedroom. • This is a good opportunity to offend. • Everyone is downstairs and Step-mum is ill in bed. No one will disturb us. • Told her not to tell anyone.
Not Offend:	Offend:
<ul style="list-style-type: none"> • Walk away and keep away • tell myself "I've moved on" • Consequences of what would happen to me and victim both short-term and long-term • Say no and walk away • Avoid being on own with potential victim 	<ul style="list-style-type: none"> • Get near potential victim • Don't think about long-term consequences • Think about pleasure • Offend

Example 5:

GOOD: NOT OFFENDING	BAD: OFFENDING
Pink Elephant:	Film:
I'm riding my bike on the motorway bridge. It is a nice sunny day. I am watching lorries, buses, coaches and cars.	Young girls of 13 years old are sexy, I feel like kissing them, I want to touch their bottoms. I think about taking their clothes off. I like their bra and nickers.
Truth:	Excuses:
<ul style="list-style-type: none"> • It is wrong, I won't get away with it. • It does hurt 13 year olds if I touch their bottoms and take their clothes off. • They may well tell their parents. • They won't enjoy it afterwards. 	<ul style="list-style-type: none"> • It won't hurt them if I touch their bottoms. • It won't hurt them if I take their clothes off (including bra and nickers). • They won't tell anyone and I'll get away with it. • They'll enjoy being touched on the bottom. • They encourage me to touch them, they lead me on.
Planning not to Offend:	Planning to Offend:
<ul style="list-style-type: none"> • Don't be in alleyway • Don't hang about shops • Only take 1 cigarette (already alight) • Take right money 	<ul style="list-style-type: none"> • Be near shops • Be in alleyway next to shops • Have cigarettes to hand out • Have money to hand out
Not Offend:	Offend:
<ul style="list-style-type: none"> • Not give cigarettes/ money Don't talk to young girls, even if they talk first • Don't approach girls or try to kiss • Don't try to touch or fondle or assault (all the same if girls are young) 	<ul style="list-style-type: none"> • Give cigarettes/ money for a kiss and/ or touch • talk to young girls • Kiss and try to fondle/ assault

Example 6:

GOOD: NOT OFFENDING	BAD: OFFENDING
Pink Elephant:	Film:
<ul style="list-style-type: none"> • I'm sitting on the bench in the back garden in the back of my house, gardening and having a coffee and a fag. It's a nice shiny day, birds are singing, the sky is a nice blue. I'm with my carer and it is nice and quiet. 	<ul style="list-style-type: none"> • Touching a young girl on top and bottom. • Touching her breasts and vagina. • Penetrating with finger.
Truth:	Excuses:
<ul style="list-style-type: none"> • It will hurt her. • I will get caught. • It will wreck her family and my family. • I will get into a lot of trouble. • I will probably go to court and I'll be punished. • She won't really enjoy it. 	<ul style="list-style-type: none"> • I'll enjoy it. • She may enjoy it. • It won't hurt her. • No one will find out. • I won't get caught.
Planning not to Offend:	Planning to Offend:
<ul style="list-style-type: none"> • Plan not to be alone with a young girl (or boy). • Go out with carers/parents or other adults. • Get somebody to come around when I am likely to be on my own with young children. 	<ul style="list-style-type: none"> • Plan to be alone with a young girl. • Wait until other adults are away. • Make sure the doors are closed.
Not Offend:	Offend:
<ul style="list-style-type: none"> • Avoid all places where there are young children • think about long term consequences to victim and to me • Think about something else that is pleasant like pink elephant or beach • don't offend 	<ul style="list-style-type: none"> • Get in position where alone with girl • don't think about consequences • Think only about the pleasure now • Use money or sweets as bribe • Offend

Example 7:

This is an anonymised RP Plan of a client who was quite able, hence this being quite a wordy example. The client gave us permission to publish his RP Plan.

Relapse prevention plan



Introduction



My name is Kyle.

I am doing an RP Plan to help me to stay out of trouble. It will help to remind me what I shouldn't be doing. It will help me to talk to people about my risks.

My likes and skills:



I am looking forward to achieving things.

I'm good at creative writing.

I am good at sewing.

I enjoy reading, walking, music and cycling.

I am not so good at talking to people in my own age group.



I like pottery.

I'm keen on snakes and tigers.

I like looking at train company logos.

Goals



- Move to the community
- One day I would like to walk or cycle along rivers.
- I'd like to have a relationship in the future
- I'd like to go to college to do pottery
- I would like to attend the Koestler awards in London

My problems



- Relationship – not having a relationship and being rejected (them not wanting relationships with me)
- In the past, I have used very serious violence to force people to have sex with me
- Not having a jobs or things to do during the day
- My usual coping strategies: avoidance and suppression (storing problems and worries up)
- Working out what is realistic for me

To stay safe:



- I need to share my RP plan with staff who working with me
- To remember to solve problems before bigger problems happen
- To stick to the rules
- To spot my risks
- To use new coping strategies
- Stay off the offence ladder

In the past, I have broken the law. I raped someone, and hurt them badly.

This was 100% me: I made decision to take control and force her to have sex by using violence.

Some causes:

- My behaviours – spending time watching her and figuring out where she went each day
- My feelings – attracted, sexual, aroused
- My wishes – wanting to have sex with her; fantasising about this over time, and knowing that she will never want to have sex with me.
- My thoughts and thinking errors – ‘self-centred’ (I want....so...)

Risky things from my past:



- I realise that a person always has to agree to have sex / be touched etc. before you do anything
- I know that I should not have sex if the person does not agree
- I want to check that I'm not doing anything they don't want me to do
- If they don't want to, I wouldn't do anything

None of my victims consented for me to touch them or harm them. It's different this time because I don't want to reoffend because this would mean I go back to prison. They could prosecute me: take me off to court and everything.


Things that affect consent:

- Alcohol or drugs
- Injury
- Death
- Unconscious
- Tying the person up
- If someone is frightened or scared
- If they don't know / understand what is going to happen

It's risky when:


- I have a lot of self-centred thinking errors.
- I'm feeling that I want total control.
- I'm feeling that I don't want to stop / know when to stop.
- When I know someone will not consent, but I don't give up hope that they will fancy me. I then fantasise about them more, often masturbating about them. This can go on for a long time.
- I am keeping my feelings and thoughts to myself, and not talking honestly about my risk.

My risky thoughts are

- 
- I want to have sex even though she is not interested
 - She will say no anyway
 - If I lie I will get what I want
 - I need to be in control
 - Maybe it will take time
 - If they get to know me more they will realise I'm the guy they want to be with
 - How can I make this happened
 - How will it happen
 - I will need to take control of her
 - I want to injure her
 - I don't want her to move so that I can have sex with her
 - Imagining a woman lying in a room unable to move
 - I will have sex with her at some point
 - Imagining gagging someone with a cloth
 - Imagine using ropes to tie someone up
 - How long will I have before the police turns up?
 - She's not interested in me / women are not interested in me
 - My family will still love me if I commit another offence
 - I want what I want
 - It's their fault: if they hadn't turned up that night it wouldn't have happened.

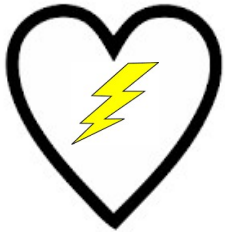
It is very risky when I am not thinking about the consequences. I find it easier to think of the consequences for myself for example, the police would come and take me to prison if I did that. I have difficulties with victim empathy and need help to understand this.

My risky beliefs

- 
- I'm a good catch
 - They'd be lucky to be with me; they just don't realise yet
 - I'm good in bed
 - If I feel like sex then I should have it

I don't like seeing these beliefs written down and asked them to be changed because I'm worried about what people will think (they might not want to know me or be with me). I've decided to leave my beliefs in the plan because it is more honest.

My risky feelings are



- Sad (about not being with someone / not having a relationship)
- Very unhappy
- Low
- Sexual, more and more aroused and then aroused by violent sexy thoughts
- In control
- Angry – I'm unsure about whether he felt angry before the offences but relates more to feeling sad and low. I said that the offence seems angry but this is not a feeling I had at the time.

My risky situations and actions



- Thinking over and over about sex with someone and masturbating to these – makes my thoughts & feelings get stronger and over time they develop into violence sexual thoughts.
- Sometimes I think about sex with staff who work with me, and I masturbate about them; I know that they will not have sex with me.



- Masturbating to violent sexy thoughts about non-consenting sex, which could be tying people up with ropes so they can't stop me from having sex with them. Sometimes I have fantasies about tying up staff and having sex with them.
- Doing things / working out ways to see more of the women I have violent sexy thoughts about.
- Acting on my self-centred thoughts is very risky!
- Being told what to do.
- Planning to take control & working out ways to have sex with someone when they don't know.
- Picking up a weapon.
- When something goes wrong, I sometimes make bad decisions.
- Spending more time than usual having sexual fantasies / violent sexual fantasies.

Protective thoughts



- Thinking about the consequences for me is easier: I don't want to go back to prison & I will do; my sentence will be longer; I don't want to get arrested or charged again
- I want to be "normal"; I'm a good guy ; I'm a nice person; I want people to like me – they won't if I hurt people
- I want a good life and to be a good guy: I want to have sex that we both enjoy = this means I need consent
- Sex should be enjoyed by both
- I need to move on, they have said no / it is not appropriate
- For them to like me / enjoy themselves then I need their consent
- I'm in a risky situation and I need to look at my RP Plan and talk to staff
- I feel as though future relationships may be problematic for me.
- I cannot commit another offence
- My family were given a hard time by people because of my actions

Further protective steps

I still have to work this out but I think my choices are:



- Be by myself: I do like being on my own but I feel as though I am missing out
- Have a relationship and not tell my partner about my past: but that is not honest and she's find out and dump me
- Have a relationship and tell them about my past: I worry that they might feel unsafe; they might think that it could happen to them; could they ever get to know me as a nice guy as it happened a long time ago?

I want women to have a good time so they enjoy it so that they want to be with me." This won't happen if I do things that they don't want.

Sometimes I focus on women who I know will not want to have a sexual relationship with me. I need to learn to recognise this, and challenge my not ok sexy thoughts.

Coping strategies:

Risky coping strategies	Safe coping strategies
Avoiding	Talk to staff openly and honestly
Keeping things to myself	Use my Diary sheets
Allow feelings and problems to build up	Reverse my risky thoughts to think about consequences
	Challenge my risky thoughts – do I really want this life?
	Replace my thoughts – with consequences and alternatives
	Spot a problem
	Ask for help

More of these can be found in the RP ladder on the next page.

Progressing up the red side means the risk is getting higher.

Doing the strategies on the green side means the risk is going down.

My RP ladder: When risk goes up, things I must do to make the risk lower.

