

Adult-Parent-Family-Child

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First Offender Program for Persons with Sexual Behavior Problems

Treatment Planning

- An explanation of how irrational thinking leads to negative emotions and behaviors provides an introduction to how “cognitive distortions” are used by people to avoid or escape taking responsibility for their actions.
- 1st session: Read and explain the laws of your state regarding sexual behavior. Test their knowledge.
- 2nd session: define consent and factors required for “True Consent”.
 - 1. Close intellectual, emotional and actual age.
 - 2. Understands your intentions.
 - 3. Permission to say no without negative outcome.
 - 4. Mutual affection and respect.
 - 5. Honesty
- 3rd session: determine knowledge and understanding of sexual anatomy, functions, and routes of infection. Fill in gaps or instruct from sperm+egg to how it happens. Ensure an understanding of cause and effect.
- 4th session: review male and female anatomical drawings. Question and assure clear knowledge. Discuss STD’S to assess knowledge.
- 5th session: Cognitive Distortions
- Modified from “Inside the Criminal Mind,” by Stanton Samenow.
- 6th session: continue with “Thinking Errors” Add logical fallacies when appropriate.
- Devise or use workbook exercises to assure knowledge and understanding (minimum 70%. correct)
- 7th session: Empathy. Definition and derivation (pathos). Assure understanding of the “Golden Rule”, perspective taking, “walking a mile in my moccasins”.
- 8th session: Grooming, dating, and contributing negative behaviors. Compare and contrast grooming vs. maintenance behaviors. Begin relapse prevention training. Avoidance and escape.
- 9th session: Relapse prevention techniques, negative imagery, explore past issues. Impulse control methods.
- 10th session: Final exam: determine retained knowledge and application. Complete or extend as necessary.

INSTRUCTIONS FOR IMPULSE CHARTS

What are sexual impulses? _____

Sexual impulses and fantasies are your sexual thoughts and feelings toward other persons. When you identify your sexual impulses and fantasies, you will better understand your thoughts and feelings when you can work on your sexual behavior.

Instructions: Make 50 copies of the Impulse Chart on the next page. You will turn in your Impulse Chart every week with your daily writings. Be sure to include all the information below.

When you notice someone or have a sexual thought, think about this:

R-- Recognition: You notice someone (**I see**).

I-- Impulse: You notice someone's body parts (**I like**).

F-- Fantasy: You start thinking of that person, what it would be like to meet them, what they are like, how much you'd like them (**I wish**).

P-- Plan: You start thinking of what you can do to meet them, to spend time with them, how you can get to know them (**I will**).

O-- Outlet: You do something to be sexual with that person, any sexual behavior including having sex with your partner, masturbation, etc. (**I did**).

You can control your deviant thoughts and feeling using the following methods:

Look away: When you start having sexual thoughts about someone without their permission, or toward a child, look away to distract yourself.



Aversive scene: Think about consequences for your behavior if you do what you are thinking:

Like: My wife will leave me.

I can go to jail for touching a child.



People may call me a pervert in front of my children.

IMPULSE CHARTS

How many times did you have sexual impulses this week? _____

How many impulses were toward children? _____

How did you control your impulses?



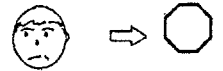
Look away



Aversive scene



Rubber band/clip



Thought stopping

Other method _____

Where did your impulses occur?

At home

At work

In the car

In a restaurant

Another place _____

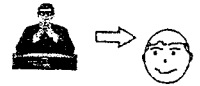
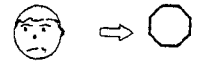
What sexual activity did you have this week? _____

Other activity _____

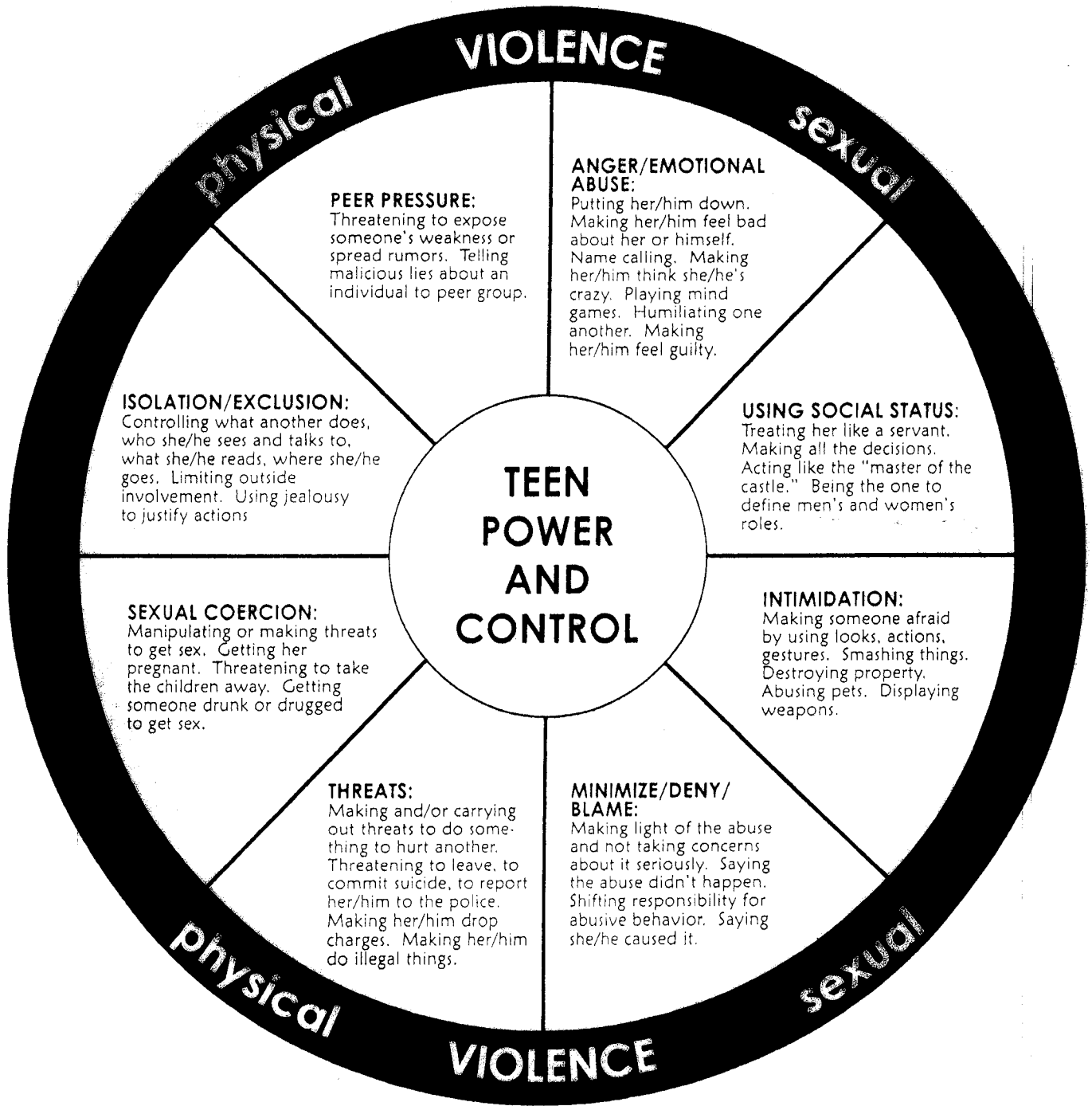
Rubber band or clip: Use a rubber band and pull it hard when you have deviant thoughts or feelings. This will remind you of the people you might hurt if you continue having deviant thoughts and feelings. Use a paper clip on your shoe laces to remind you that you need to rethink and pay attention to your thoughts to be a citizen.



Thought stopping: When you realize you are having deviant thoughts, like thinking someone wants to have sex with you when they smile at you, think of a stop sign, say, "Stop! Stop! Stop! Remember people smile to be polite, they don't necessarily want to have sex". Think about the possible consequences. Think like a citizen.



TEEN POWER AND CONTROL WHEEL



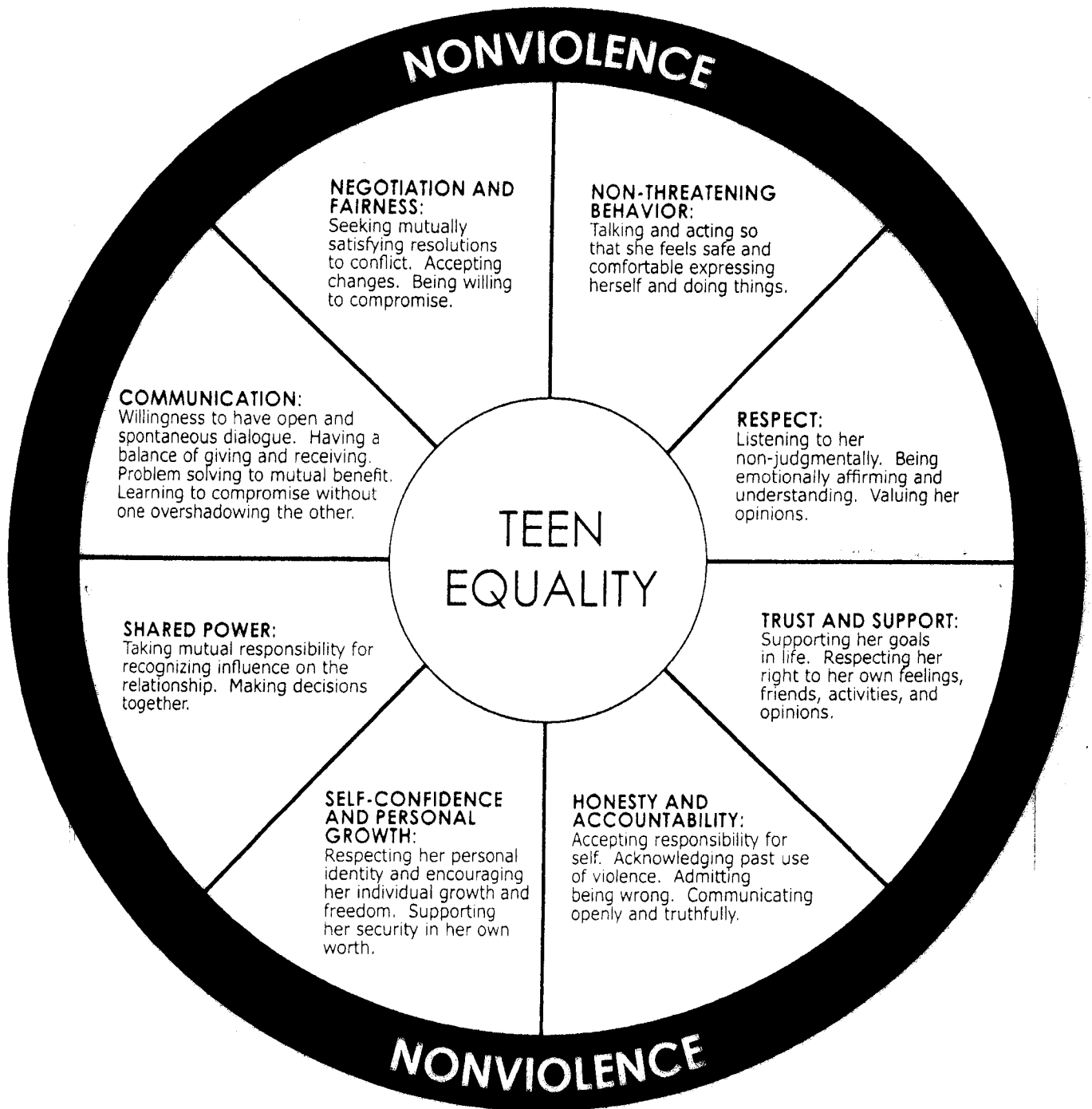
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EQUALITY WHEEL FOR TEENS





strawman

Overrepresenting someone's argument to make it easier to attack.

Ally will tell me we should put more money into health and education. When responded by saying that he was surprised that Will hated our country so much that he wants to leave it (when he's by cutting military spending).



slippery slope

Asserting that if we allow A to happen, then Z will consequently happen too, therefore A should not happen.

Colin Cloest asserts that if we allow same-sex couples to marry, then the next thing we know we'll be allowing people to marry their parents, their cats and even monkeys.



special pleading

Moving the goalposts to create exceptions when a claim is shown to be false.

Edward John's claim to be psychic, but when his show miraculously failed, Ed explained that he was saying that one had to have faith in his abilities to work.



false cause

Presuming that a real or perceived relationship between things means that one is the cause of the other.

Pointing to a fancy chart, Roger shows how temperatures have been rising over the past few centuries, whilst at the same time the numbers of pirates have been decreasing; thus pirates cool the world and global warming is a hoax.



ad hominem

Attacking your opponent's character or personal traits in an attempt to undermine their argument.

After Sally presents an eloquent and compelling case for a more equitable taxation system, Sam asks the audience whether we should believe anything from a woman who isn't married, was once arrested, and smells a bit weird.



loaded question

Asking a question that has an assumption built into it so that it can't be answered without appearing guilty.

Grace and Helen were both romantically interested in Brad. One day, with Brad sitting within earshot, Grace asked in an inquisitive tone whether Helen was having any problems with a fungal infection.



the gambler's fallacy

Believing that 'runs' occur to statistically independent phenomena such as roulette wheel spins.

Red had come up six times in a row on the roulette wheel, so Greg knew that it was close to certain that black would be next up. Suffering an economic form of natural selection with this thinking, he soon lost all of his savings.



black-or-white

Where two alternative states are presented as the only possibilities, when in fact more possibilities exist.

Whilst talking support for his plan to fundamentally undermine citizens' rights, the Supreme Leader told the people they were either on his side, or on the side of the enemy.



appeal to emotion

Manipulating an emotional response in place of a valid or compelling argument.

Luke didn't want to eat his sheep brains with chopped liver and brussels sprouts, but his father told him to think about the poor, starving children in a third world country who weren't fortunate enough to have any food at all.



tu quoque

Avoiding having to engage with criticism by turning it back on the accuser - answering criticism with criticism.

The blue candidate accused the red candidate of committing the tu quoque fallacy. The red candidate responded by accusing the blue candidate of the same, after which ensued an hour of back and forth criticism with not much progress.



burden of proof

Saying that the burden of proof lies not with the person making the claim, but with someone else to disprove.

Bernard declares that a satop is, at this very moment, in orbit around the Sun between the Earth and Mars, and that because no one can prove him wrong his claim is therefore a valid one.



the fallacy fallacy

Presuming that because a claim has been poorly argued, or a fallacy has been made, that it is necessarily wrong.

Recognising that Amanda had committed a fallacy in arguing that we should eat healthy food because a nutritionist said it was popular, Alyse said we should therefore eat bacon double cheeseburgers every day.



personal incredulity

Saying that because one finds something difficult to understand that it's therefore not true.

Kirk drew a picture of a fish and a human and with envious disdain asked Richard if he really thought we were stupid enough to believe that a fish somehow turned into a human through just, like, random things happening over time.



ambiguity

Using double meanings or ambiguities of language to mislead or misrepresent the truth.

When the judge asked the defendant why he hadn't paid his parking fines, he said that he shouldn't have to pay them because the sign said 'The for parking here' and so he naturally presumed that it would be fine to park there.



genetic

Judging something good or bad on the basis of where it comes from, or from whom it comes.

Assured on the 6 o'clock news of corruption and taking bribes, the pundit said that the media were wrong to pay them because the sign said 'The for parking here' and so he naturally presumed that it would be fine to know how very unreliable the media can be.



middle ground

Saying that a compromise, or middle point, between two extremes is the truth.

Healy said that vaccination caused autism in children, but he had just read in the New York Times that the claim had been debunked and proven false. Their friend Alice offered a compromise that vaccinations cause some autism.



composition/division

Assuming that what's true about one part of something has to be applied to all, or other, parts of it.

David was a precocious child and had a liking for logic. He reasoned that atoms are indivisible, and that the bits made of atoms, and therefore invisible too. Unfortunately, despite his thimble skills, he lost the game of hide and go seek.



anecdotal

Using personal experience or an isolated example instead of a valid argument, especially to dismiss statistics.

Jason said that that was all cool and everything, but his grandfather smoked, like, 30 cigarettes a day and lived until 97 - so don't believe everything you read about meta analyses of sound studies showing proven causal relationships.



appeal to authority

Using the opinion or position of an authority figure, or institution of authority, in place of an actual argument.

Not able to defend his position that evolution isn't true, Bob says that he knows a scientist who also questions evolution (and presumably isn't a primatologist).



appeal to nature

Making the argument that because something is 'natural' it is therefore valid, justified, inevitable, good, or ideal.

The medicine man rolled into town on his bandwagon offering various natural remedies, such as very special plain water. He said that it was only natural that people should be wary of 'artificial' medicines such as antibiotics.



bandwagon

Appealing to popularity or the fact that many people do something as an attempted form of validation.

Shamus pointed a drunken finger at Sean and asked him to explain how so many people could believe in leprechauns if they're only a silly old superstition. Sean, however, had had a few, too many Guinness himself and fell off his chair.



begging the question

A circular argument in which the conclusion is included in the premise.

The word of Zorbo the Great is flawless and perfect. We know this because it says so in The Great and Infallible Book of Zorbo's Best and Most Trustworthy Things that are Definitely True and Should Not Ever Be Questioned.

thou shalt not commit logical fallacies

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TWELVE SUGGESTIONS FOR REPORT WRITING

1. Don't use professional jargon or technical terms without fully explaining them.
2. Describe the defendant (offender) -- i.e., paint a portrait of the kind of person he is rather than offer theoretical explanations or speculation. Generally address yourself to:
 - a. What is this person like?
 - b. How does he view himself?
 - c. How does he view the world?
3. Use the defendant's (offender's) own words to make or illustrate a point.
4. Use language as precisely as possible. Examples of words or phrases to avoid are "deny," "passive," "poor interpersonal relationships."
5. Do not use words denoting incapacity unless you mean it. Examples are "unable," "incapable of," "inability."
6. If you utilize a diagnostic label, explain how you arrived at that label and what you mean by it.
7. Generally, if you are using what is likely to be considered a judgmental word, explain it fully. Examples are "irresponsible" or "antisocial."
8. If the person (agency) who requested the report asks specific questions, be sure to answer them. You might want to do this at the beginning and develop the portrait of the individual in a second section.
9. If recommendations are requested, respond. If you are uncertain, state this outright and indicate why it is difficult to make specific recommendations.
10. When incorporating social history materials, show their relevance.
11. If you believe that the defendant (offender) was not truthful, state this and indicate why you believe this to be the case.
12. With respect to the length of reports, there is no virtue in a long report per se. Judges and others do not want to wade through lengthy dissertations. But you must do the defendant (offender) justice. Important decisions will be made. State the facts, conclusions and recommendations fully, but without embellishment or the inclusion of extraneous matters.