

Tools for the Toolbox: Interventions for Sexually Reactive and Sexually Abused Children and Adolescents

Summary

Sexual abuse is a very prevalent problem among children and adolescents in our society. Many children and teens who have been sexually abused respond with sexually reactive behaviors. This presentation will address the occurrence and prevalence of sexual abuse, the long and short term effects of sexual abuse, and the difference in sexually reactive and sexually offender behaviors. Several different treatment modalities will be discussed, and numerous tools and interventions will be presented to add to your own therapists' toolbox.

Participants will walk away from this presentation with an increased knowledge in the treatment of sexually abused and sexually reactive children and adolescents, as well as with several hands-on techniques and activities to be used when working to accomplish treatment goals with these children and teens.

Agenda/Course Schedule

8:30 Registration

9:00 Begin

Occurrence and Prevalence

Myths and Facts

What is it?

Long and Short Term Effects

Sexually Reactive Youth

- Appropriate vs. Inappropriate Sexual Behaviors
- Sexually Reactive vs. Offender Behaviors
- Warning Signs and Grooming Behaviors
- Safety Planning
- Reunification

Morning Break (10:15) – 15 minutes

10:30

Directive vs. Non-Directive Therapy

- Play Therapy and Talk Therapy
- Why Play Therapy?

Trauma Focused Cognitive Behavioral Therapy

Lunch (12:00) -1 Hour

Return from Lunch—1:00

Goals for Treatment

Tools and Treatment Interventions

- Coping and Relaxation Strategies
- Learning Healthy Boundaries

Afternoon Break (2:30) -15 minutes

Return from Break—2:45

More Tools and Interventions

- Psychoeducation on Appropriate Sexuality and Relationships
- Affect Identification and Modulation
- Creating a Narrative
- Creating a Positive Ending

Adjourn—4:30

Objectives

- Participants will be able to articulate the occurrence, prevalence and definition of sexual abuse
- Participants will be able to differentiate between sexually reactive behaviors and sexual offender behaviors
- Participants will be able to develop an individualized safety plan for both sexually reactive and sexually abused children and adolescents
- Participants will identify goals and interventions utilized when working with this population
- Participants will learn and review different treatment modalities to utilize with this population
- Participants will learn and practice multiple treatment interventions