

Workshop #26
FRIDAY, JUNE 12, 2009 – Session 6 (2:45-4:15)

**A MODEL FOR INTEGRATING EVIDENCE-BASED PRACTICES INTO
RESIDENTIAL TREATMENT FOR YOUTH WITH
PROBLEMATIC SEXUALIZED BEHAVIORS**

Presenter

- Peter Friedman, Ed.S, Clinical Director of PSB Services
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- Adam Brown, Psy.D, Coordinator of PBIS and TST
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Audience

Pertains to adolescents

Level

Beginner

Workshop Summary

This presentation provides a model for integration of evidenced based practices into a residential treatment program for youth with problematic sexualized behavior (PSB). Both Trauma Systems Therapy (TST) and Multi-Systemic Therapy- Problematic Sexualized Behavior (MST-PSB) have become integral components of the treatment program. In addition to these evidence based approaches, the residential program also uses cognitive behavior strategies that are deemed to be efficacious with this population. At the core of TST implementation lays a multidisciplinary team that emphasizes the inclusion of community figures (such as teachers, spiritual leaders, community advocates, and case managers) in the treatment planning. TST is not limited to one specific trauma type. Children that have participated the program have experienced a wide range of traumas, such as domestic violence, physical abuse, sexual abuse, exposure to war, and medical trauma. Many of the children who have received TST experienced multiple traumas. In addition, TST specifically addresses social-environmental factors that compound the problems associated with trauma exposure, such as poverty or inappropriate school placements. As a result, we gather that there is a clear link between past traumatic events and PSB. MST-PSB has been developed by MST Associates, a subsidiary of MST Services. Building upon the research and dissemination foundation of standard MST, the MST-PSB model represents a state-of-the-art, evidence-based practice uniquely developed to address the multiple determinants underlying problematic juvenile sexual behavior. This model represents a particularly potent advancement in the treatment of juvenile sexual offenses given the relative infancy of available treatment options, the paucity of outcome-related research supporting other existing treatments, and the high level of social concern regarding the seriousness of target behaviors for this population.

Learning Objectives

- This presentation will expose clinicians, treatment providers and other stakeholders to evidence-based practices that could be integrated into treatment for youth with PSB.
- The presentation will allow for dialogue to explore how treatment programs can expand their services to include evidence-based practices