Cognitive behavioral therapy (CBT) with a continuum of care

Adherence to Risk-Needs-Responsivity principles

Use of other behavioral approaches (e.g., expressive behavioral therapy)

Hormonal treatment

Definition: a comprehensive set of planned and organized therapeutic experiences and interventions that are intended to improve the prognosis, function, or outcome of clients to reduce their risk of sexual re-offense or other sexually abusive and other aggressive behavior by assisting them to adjust to and deal more effectively with their life situations

How Many Reviews?
Meta-Analyses: 10
Systematic Reviews: 9

What factors are critical to interventions in this area?

- Cognitive behavioral therapy (CBT) with a continuum of care
- Adherence to Risk-Needs-Responsivity principles
- Use of other behavioral approaches (e.g., expressive behavioral therapy)
- Hormonal treatment

What are the useful strategies for implementation?

- Adherence to Risk-Need-Responsivity Principles
- Preventative measures to reduce attrition
- Use of a continuum of care approach

How do you use sex offender treatment strategies with criminal justice populations?
With few exceptions, the majority of extant literature examines the effect of treatment on criminal justice populations, so there are few if any transportability issues.

For More Information:
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How is sex offender treatment relevant to Addiction Health Services?
The successful treatment of sex offenders is essential to the safety of the community. The studies reviewed suggest that the most effective treatment programs are psychological interventions. The importance of this finding is that, while these clients are considered a criminal justice population, health service interventions – rather than those administered by criminal justice practitioners – are vital to treating these offenders.