

# Proven Treatment Approaches

## *Fact Sheet*

(Juvenile Sex Offender = JSO)

The following treatment approaches have proven to be effective in treating juvenile sex offenders:

- ⇒ **Cognitive Behavioral Therapy:** Also referred to as CBT, is a theory and practice model of therapy that seeks to help clients overcome difficulties by helping them identify and change dysfunctional thinking, behavior, and emotional responses. Treatment involves the client and therapist working together to bring about the needed changes for the client. CBT has been identified as the primary counseling theory for use with JSO's as it has established efficacy with this population.
- ⇒ **Multisystemic Therapy:** Also referred to as MST and based upon ecological system theory, was developed to address limitations of other practice models that did not take into consideration the various systems that affected the individual. MST seeks to address the complex needs of clients by providing treatment that acknowledges and engages the various systems in which the individual interacts in the treatment process.
- ⇒ **Group Therapy:** A form of counseling/therapy in which one or more therapists treat a small group of clients together as a group. Various factors such as universality, cohesion, interpersonal development and instillation of hope are some of the key factors that contribute to the benefits of group therapy over individual therapy. Group size typically ranges from 8-12 individuals.
- ⇒ **Community-Based Treatment:** As an alternative to out-of-home placement or following out-of-home placement, community-based treatment is provided in the client's community/home environment allowing for increased family and community participation in the treatment process. Community-based treatment promotes the use of multiple community supports in treatment. Community-based specific treatment should range from 10 – 12 months. For JSO's leaving residential treatment, community-based specific treatment (which will include re-entry/aftercare services) should range from 6 - 10 months.
- ⇒ **Residential Treatment:** A form of specialized treatment that is provided in a facility outside of the client's home, but within close proximity to the home to ensure access to family and other support

systems. Residential treatment provides a more intense opportunity for treatment, allowing for an immersion-like experience in treatment. The length of stay in JSO-specific residential treatment should range from 12 – 20 months.