



## 2017 Focusing Oriented Therapy conference Workshop Proposal Submission

Title: Using Focusing-oriented Therapy as a foundational approach in working with youth who engage in sexually harming behavior

### Description

Approximately twenty percent of all sexual assaults are committed by youth, ages 12 – 18. How can we work with these young people compassionately and effectively, not only to prevent them from harming again, but to help them heal and build healthy futures? This workshop will give you an overview of the characteristics, motives, and importance of understanding youth who sexually harm, and show you how to use a Focusing-oriented therapy approach, with specific strategies within FOT that help sexually harming youth connect with and integrate their body's experience into their healing.

### Format

Didactic with some experiential exercises.

### Learning Objectives

In this presentation, participants will learn:

- a) the unique therapeutic alliance that FOT offers and its benefits in working with this population
- b) an understanding of the common characteristics and motives identified as contributing to a youth's choice to commit a sexual offense
- c) specific strategies within FOT that help sexually harming youth connect with and integrate their body's experience into their healing

### Bio

Nancy Falls, Ed.D., RP is the manager of Training and Consultation at Radius Child and Youth Services. Of particular interest and expertise is her work with children and youth who have engaged in sexual harming behavior. Nancy is a Certifying Coordinator with the Focusing Institute and has been using Focusing in her practice as a psychotherapist for over 20 years.

### Contact Information

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### Equipment Required

Powerpoint presentation – will require computer and projector – but I can bring it if you need

### References

Chaffin, M. (2006). Can we develop evidence- based practice with adolescent sex offenders? In R. E. Longo & D. S. Prescott (Eds.), *Current perspectives: Working with sexually aggressive youth and youth with sexual behavior problems* (pp. 661-681). Holyoke, MA: NEARI Press.

Geller, A.M & Porges, S.W. (2014). Therapeutic Presence: Neurophysiological Mechanisms Mediating Feeling Safe in Therapeutic Relationships. *Journal of Psychotherapy Integration* 2014, Vol. 24, No. 3, 178–192

Longo, R. E. & Prescott, D. S. (2006). *Current perspectives: Working with sexually aggressive youth and youth with sexual behavior problems*. Holyoke, MA: NEARI Press.

Worling, J. R. (2103). What were we thinking?: Five erroneous assumptions that have fueled specialized interventions for adolescents who have sexually offended. *International Journal of Behavioral Consultation and Therapy*, 8(3-4), 88-96.

U.S. Department of Justice, Federal Bureau of Investigations. (1999). *Crime in the United States: Uniform crime reports 1998*. Washington, DC: U.S. Government Printing Office.  
Statistics Canada, 2007

### **Continuing Education**

If attended in its entirety, this course qualifies for:



The International Focusing Institute is approved by the **American Psychological Association** to sponsor continuing education for psychologists. **CE Hours/Credits 1.75**. The International Focusing Institute maintains responsibility for this program and its content.

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