

The Phone Call From Hell

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 Specialist Organisation for the Treatment of Sexual
 Offending

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Juliet Grayson

- 🌀 Co-founder and chair of StopSO
- 🌀 UKCP Acc Psychosexual Therapist since 1994
- 🌀 Deliver training courses across the UK to therapists
- 🌀 Run personal development groups for the general public in a method called PESSO Boyden System Psychomotor,
- 🌀 Including PBSP group in Chepstow called 'The Slippery Slope Group' which integrates the general public and sex offenders
- 🌀 You'd be welcome to attend

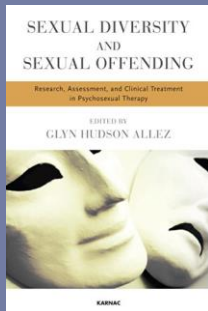


Juliet's chapter about the method she uses with sex offenders

"Back to the Root: Healing Potential Sexual Offenders' Childhood Trauma with PESSO Boyden System Psychomotor"

in

Sexual Diversity & Sexual Offending: Research, Assessment, and Clinical Treatment in Psychosexual Therapy
 Ed: Glyn Hudson Allez
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Landscapes of the Heart

The Working World of a Sex and Relationship Therapist

£12.99



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Today

- Law
- How many sex offenders in Somerset?
- Cases
- StopSO



How many sex offenders in Avon and Somerset?

Taking Avon & Somerset population at 1.5 million

- 🌀 Police recorded sexual offences year to Sept 2015 Somerset and Avon **2,655 >7 a day**
- 🌀 Brit Crime Survey victims of sex offence **15,000**
- 🌀 Men who want sexual contact with children = 2-5% of 58% **2% = 17,400 5% = 43,500**
- 🌀 Exhibitionists 3.1% **46,500**
- 🌀 Voyeurs 7.7% **115,500**





20 Questions



Some statistics

- 🌀 One in six people in UK have been sexually abused.
- 🌀 1 in 5 people in prison (17%) have committed a sexual crime
- 🌀 The National Crime Agency estimates that 750,000 men in the Britain have an interest in having sex with children
- 🌀 86,000 in total in prison today
- 🌀 There is not enough space to lock them all up



Specialist Treatment Organisation for the Prevention of Sexual Offending www.stopso.org.uk

- 🌀 StopSo has a national network of professionals - counsellors, psychologists, psychiatrists, psychotherapists etc
- 🌀 Who are trained and willing to work with people who are at risk of sexual offending or re-offending - and their families
- 🌀 StopSO is a not for profit organisation
- 🌀 Began in 2012



StopSO Vision

To stop sexual offending in the UK

thus
safeguarding all members of society
from the
devastating consequences it causes,
thereby enhancing safer communities



StopSO

- 🌀 Works with people at any stage of the offending process
 - 🌀 Those who are concerned about their behaviour, but have not committed an offence
 - 🌀 Those who have been arrested
 - 🌀 Through to those who come out of prison
- 🌀 **Our focus is crime prevention - we are interested in stopping the first crime, as well as the second**



StopSO wants to stop the first crime!

Given that the UK government statistics show that proven re-offending rates (2012 statistics) of adult offenders is 12% and juvenile offenders is 13% serious sexual offenders is 0.4%

It is important that we stop the FIRST CRIME -not just work to prevent re-offending



StopSO

🌀 Works with all kinds of sexual offenders:

- 🌀 Sexual assault including rape
- 🌀 Sexual grooming
- 🌀 Child abuse
- 🌀 Viewing indecent images of children
- 🌀 Voyeurism
- 🌀 Exposure
- 🌀 Stalking
- 🌀 Bestiality



Every client we work with asks for help

- 🌀 They may ask for help for troubling thoughts
- 🌀 They may have just been caught by a partner
- 🌀 They may have just been arrested

- 🌀 They are VERY open to change at this moment, so an intervention at this stage is likely to have a bigger impact than later in the process



StopSO is unique

StopSO is the **ONLY** organisation in the UK offering one to one therapy for all kinds of sex offenders, including **proactive crime prevention** for those who consider themselves a risk and are worried about their sexual behaviour

We also offer help to the unacknowledged victims of sexual offending: the family of the perpetrator



Patterns in viewers of child abuse images and child abusers that I have noticed

- 🌀 Trauma in their history (sexual abuse, or physical, emotional abuse, witnessing domestic violence, trauma from road traffic accident, witnessing violent crime, death of parent or grandparent & acrimonious parental divorce. Often at age 7-8)
- 🌀 Repetition compulsion
- 🌀 Trying to increase sexual arousal
- 🌀 Head injury in their history
- 🌀 Born that way, sexual orientation (James Cantor) **StopSO**



Dr James Cantor

Just because someone is a paedophile, they don't also have to become a child abuser⁴

We need to separate the attraction from the action



The slogan of Prevention Project Dunkelfeld in Germany working with child abusers and users of child pornography not known to the police

You are not guilty because of your sexual desire, but you are responsible for your sexual behaviour. There is help



Number of People asking StopSO for help between June 2013 - Sept 2016 = 390

• 40.91 %	child abuse images	In the last 9 months, these are the problems that people wanted help for
• 11.25 %	contact offence child	
• 9.09 %	non specified offence	
• 8.44 %	non offending paedophiles	
• 4.5 %	exhibitionist	
• 3.9 %	grooming a minor	
• 3.25 %	contact offence adult	
• 1.95 %	non contact offence child	
• 1.95 %	multiple offences	
• 1.3 %	voyeur	
• 1.3 %	child acting out sexually	
• 0.65 %	bestiality	
• 0 %	non contact offence adult	



Of those contacting StopSO

- 87.4 % self referred
- **37 % of these people asking for help were not known to the authorities**
- 13 % are post conviction
- 7.14 % family member of a sex offender who is wanting help



How many therapists in StopSO across the UK

- 211 therapists applied to join StopSO
- 109 are currently trained and ready to see clients



Sexualised images are everywhere, even at the Pfizer, the makers of Viagra, head office in Toronto



In Britain we do it differently



**Thankfully, we maintain
our standards too**



When to report?

A client comes for help
concerned about their thoughts

A considered and proportionate response



**We have a letter from the
home office
confirming there is no legal
requirement to report
someone looking at child
sexual abuse images online
(for a therapist in private
practice)**



Dear Dr Allez,

Thank you for your e-mail of 5 June to the Home Office. Your email has been sent to this department in view of our responsibilities on obscenity matters.

With regards to your question: if a client confides in you during the course of therapy that they had been viewing child pornography on the Internet, whether you'd be obliged to disclose this information to the authorities. There is no specific requirement in the Protection of Children Act 1978.

If you require further information on this matter, please contact the Department of Health for assistance.

Topics to cover in therapy

- 🌀 Motivation
- 🌀 Acceptance of responsibility for past & future
- 🌀 Restructuring cognitive distortions
- 🌀 Awareness of factors that led to offending
- 🌀 Coping skills and problem solving
- 🌀 Perspective taking and increase empathy
- 🌀 Emotional intelligence
- 🌀 Increase social functioning
- 🌀 Self-monitoring and protective measures
- 🌀 Self-esteem



**If we stop just
one sex offender
we may prevent many people from
becoming victims**



Preventing Sexual Offending
Through Therapy