

Why Do Kids exhibit PSB:

- Modeling of Coercion
- Exposure to DV
- Harsh discipline
- Physical Abuse
- Modeling of Sexuality
- Living in a dangerous community
- Basic needs not met
- Caregiver adversity
- Children with vulnerabilities



How to make a referral:

Once you have identified a need for treatment within a family:

Send referral to:

(What info? Place to link?)

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PSB-CBT Groups

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Problematic Sexual Behavior-Cognitive Behavioral Therapy (PSB-CBT) Program for Children of Oswego County

Children with sexual behavior problems are—
first and foremost—
children.



Collaboration between the
Child Advocacy Center and
Huntington Family Centers

Important Facts about the University of Oklahoma's Treatment Model for Problematic Sexual Behavior:

- Cognitive-behavioral and social ecological approach
- Group treatment program with 6-8 children in a group
- Requires active involvement of parents or other caregivers
- Short-term, community-based outpatient program
- Programs for adolescents, school-age children and preschoolers available
- Referrals to the program often come from a variety of community partners (e.g., child protective services, juvenile justice, schools, other mental health providers and families themselves).
- Low recidivism (2%) found in 10-year follow-up of school-age youth

Serving children ages 7-12 and their families through group, individual and family therapy utilizing evidenced-based models. Problematic Sexual Behavior-Cognitive Behavioral Therapy and Trauma-Focused-Cognitive Behavior Therapy offered to reduce risk for future harm and promote safety within our community.

What is Childhood PSB (problematic sexual behavior)?

Sexual exploration and play are a natural part of childhood sexual development, and help children not only to learn about their own bodies, but about the social and cultural rules that govern sexual behavior.

Some childhood sexual behaviors, however, indicate more than harmless curiosity. In some cases, sexual behaviors pose a risk to the safety and well-being of the child and other children in his or her world. These sexual behavior problems tend to continue even after the child has been told to stop or limit the behavior, and usually have one or more of the following characteristics:

- Are clearly beyond the child's developmental stage
- Involve threats, force, or aggression
- Involve inappropriate or harmful use of sexual body parts
- Involve children of widely different ages or abilities
- Are associated with strong emotional reactions in a child—such as anger or anxiety
- Interfere with typical childhood interests and activities



Four Tenets of Treatment:

- Parent Behavior Training
- Appropriate Sex Behaviors
- Sexual Behavior Rules
- Abuse Prevention

Outpatient Treatment of PSB:

The PSB-CBT model is a family-oriented, cognitive-behavioral treatment group model designed to eliminate problematic sexual behaviors and improve prosocial behavior and adjustment in children, while reducing stress and enhancing skills in parents and other caregivers. The PSB-CBT treatment model is a nationally recognized and empirically-supported intervention. This training opportunity will focus on the **school-age group**. The school-aged model (ages 7-12 years) is conducted in 18 weekly, 90-minute sessions with concurrent caregiver group and monthly combined sessions.

Most children with sexual behavior problems can benefit from outpatient therapy. Outpatient therapy allows the child to stay in the home and community and usually involves the child, the parents, and other important caregivers and family members. Outpatient therapy is relatively short term, and can often be completed in three to six months if the family regularly attends therapy sessions, actively participates in services, and practices skills between sessions.

Groups are centrally located and will be held at Believer's Chapel in Mexico, NY

Rules of Treatment:

- Don't Look at other people's privates
- Don't show yourself to others
- Don't talk about your private parts
- Don't touch privates in public for too long
- Don't make people feel uncomfortable with your behaviors