## **CONTENTS**

About the Authors	vi
Preface	x
Acknowledgments	xii
PART I: GUIDELINES FOR PRACTICE	
Chapter 1. Sexually Abusive Behavior Problems: Definitions and Current Knowledge	3
Defining Sexually Abusive Behavior Problems Current Knowledge Summary	6 9 27
Chapter 2. A Treatment Approach	29
Trauma Outcome Process Using the Trauma Outcome Process in Therapy Summary	31 49 55
<b>Chapter 3. Integrated Treatment Planning</b>	57
Assessment for Integrated Treatment Planning Treatment Modalities Assessing Treatment Progress Summary	58 75 83 88
Chapter 4. Parallel Group Treatment	89
Structure of Group Treatment Program Treatment Topics in Children's Group Group Treatment for Parents Combined Groups Summary	90 96 104 106 106
PART II: TREATMENT EXERCISES	
Introduction	111
Chapter 5. Accountability	113
Activity: Draw the Offense Activity: Taking Responsibility for Your Problems Activity: Steps and Slides Abuse Cycle	113 116 119

Activity: The Hot Seat	126
Activity: Catch That Thinking Error!	131
Chapter 6. Empathy	139
Activity: "Conversation" with the Victim	139
Activity: Letter to the Victim	142
Activity: The Giving Tree	149
Activity: Draw Victim/Own Face	152
Activity: How Would You Feel If ?	154
Activity: Why My Child Didn't Tell Me Activity: Empathic Responses	157
	160
Chapter 7. Coping with Trauma	165
Activity: Basket of Trigger Feelings	165
Activity: What Happened After You Were Abused?	168
Activity: Who Is Responsible?	174
Activity: How My Family Has Changed Activity: The Fire	177
·	179
Chapter 8. Relationship Skills	187
Activity: Anger Thermometer	187
Activity: Trust Target	192
Activity: Trust Exercises	198
Activity: What Makes a Friend Activity: Wheels of Intimacy	201
Activity: Wheels of Infilmacy Activity: Flight Plan for Effective Communication	204 206
Activity: Blueprint for Boundaries	200
Chapter 9. Sexuality	225
Activity: Body Respect	225
Activity: The Great Big Stop Sign	230
Activity: A Touch Is a Touch	234
Activity: Relapse Prevention "Fire Safety Plan"	237
Activity: Communicating Sexual Values	245
Chapter 10. The Power of the Treatment Team	251
Activity: Collaboration	251
Epilogue	254
References	255
Index	269