

SART TOOLKIT

Sexual Assault Response Team Toolkit

Effective Treatment for Adult Offenders

Recent research suggests that treatment for adults that consists of cognitive-behavioral and relapse prevention approaches is effective in reducing sexual recidivism, especially when provided within the context of RNR principles. According to providers, the focus of sex-offense specific treatment typically includes the following: arousal control, emotional regulation, family support networks, intimacy and relationship skills, offense responsibility, offense supportive attitudes, problem solving, self-monitoring, social skills training, and victim awareness and empathy.¹ For more information about current best practices, see the [Safer Society Survey](#).

Treatment is not considered a solution for all, as some (e.g., children and young adolescents) may stop offending without any treatment and some of those who sexually assault (e.g., those who sexually assault with the use of physical violence and have psychopathic tendencies) may not respond to any form of treatment.² Whatever form of treatment is provided, it should be delivered by a professional trained to work with the sex offender population. For more information, see the SOMAPI report, [Chapter 7: Effectiveness of Treatment for Adult Sex Offenders](#).

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¹ Robert J. McGrath, Georgia F. Cumming, Brenda L. Burchard, Stephen Zeoli, and Lawrence Ellerby, 2010, *Current Practices and Emerging Trends in Sexual Abuser Management: The Safer Society 2009 North American Survey*, Brandon, VT: Safer Society Press. Retrieved July 20, 2017, from www.saferociety.org/uploads/WP141-Current_Practices_Emerging_Trends.pdf

² Roger Przybylski, 2014, Chapter 7: Effectiveness of Treatment for Adult Sex Offenders, *Sex Offender Management Assessment and Planning Initiative*, Washington, DC: U.S. Department of Justice, Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking. Retrieved June 28, 2017, from https://smart.gov/SOMAPI/sec1/ch7_treatment.html

David Finkelhor, Richard Ormrod, and Mark Chaffin, December 2009, "Juveniles Who Commit Sex Offenses Against Minors," *Juvenile Justice Bulletin*, Washington, DC: U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention. Retrieved June 28, 2017, from www.ncjrs.gov/pdffiles1/ojjdp/227763.pdf