

behavior. These individuals tend to have a low sense of self-esteem and suffer from profound feelings of inadequacy, both socially and sexually. Aggression is not a key factor of motivation. Rather these offenders seek to prove their sexual prowess and adequacy through fantasies in which they imagine eagerly yielding victims who succumb to their sexual coercion enjoying the experience so much that they actually begin to desire further sexual intercourse. Such fantasies are soothing to their sense of insecurity and incompetence.

Knight and Prentky (1990) pointed out that many of these offenders come from single-parent homes, tend not to do well in school, and have an average educational level of 10th grade. They are typically single adults who continue to live with their parents. This offender is not likely to be athletic, is likely to be passive, and will generally have few if any friends. He is, however, likely to be a stable and reliable worker but typically employed in a menial occupation due to his lack of desire for achievement.

Power reassurance rapists are not likely to be mentally ill, but they may have other sexual disorders such as transvestism (cross-dressing) or fetishism. They may engage in exhibitionism, voyeurism, and so on, as this may be part of the method by which they select victims in their own neighborhoods for future sexual assaults. These offenders may watch their victim intensely over time until they feel secure in their decision to assault. They typically will case the home of their victims and are most likely to commit the act within the home of the victim when the opportunity presents itself. The main purpose of rape for this type of offender is to improve his sense of self-respect. The primary aim is sexual in nature and not necessarily about power over his victim.

Sexual Gratification Rapist

For the **sexual gratification rapist**, aggression is simply instrumental and used to gain compliance. However, unlike the power reassurance rapist, this offender is not necessarily withdrawn or reclusive. Rather, this offender may simply desire sex and may be in a situation where he feels that force or coercion could successfully get the sexual intercourse that he wants. This type of rape is most reflected by date rape and similar forms of sexual assault. It may or may not be a repetitive behavior, depending on how any previous attempts at coercion have ended. It is unlikely that this type of offender will allow the coercion or aggression to escalate to the point of serious injury to the victim.

This type of offender may have a high degree of social and interpersonal competence, and the sexual offense is likely to reflect more sexualization in both activity and interaction. Further, the offender is likely to express his interest in the victim as a sex object. However, he may use any means of cajoling, flattery, or pleading while using the gentlest of force necessary to encourage the victim to submit to his desire. Within this group of offenders are those who drug their victims (e.g., with Rohypnol or excessive alcohol, or by providing the drug Ecstasy), and there is often no use of physical violence against the victim. The offender simply has sex with the victim without the person's consent. This is still clearly rape, but it is also not based on attempting to cause pain to the victim as much as it is designed to gratify the sexual urges of the offender.

The offender who is successful in this type of rape is likely to repeat the act with other victims as well. Further, it should be noted that many victims will fail to report the act because they know the offender (perhaps very well), or there may be a sense of guilt or shame. In addition, the intoxicated state of the victim does not help her sense of credibility, in her mind if nothing else. Thus, the act tends to go unreported. This method of rape is a primary tactic used on many college campuses and among individual students as well as student groups that may rape, such as members of fraternities or athletic groups or teams.

Opportunistic Rapist

The **opportunistic rapist** demonstrates neither strong sexual nor aggressive features but engages in spontaneous rape when an opportunity presents that makes it look like an easy prospect. This form of rape is usually conducted during the commission of another crime, such as robbery or burglary. The victim simply happens to be at the scene, or the victim of the crime resists and this provokes the idea of assaulting the victim. In most cases, this offender is likely to have a history of criminal offenses (not necessarily all of the crime being detected by police, however) beside rape. In fact, the offender may have never committed a prior rape, and they may not even rape again after the isolated opportunity that had presented itself. In order to fall within this category, the offender must show both callous indifference to the welfare and comfort of the victim and they must use no more force than would be necessary to obtain compliance from the victim.

Power Assertive Rapist

With the **power assertive rapist**, rape is an attempt to express the person's virility and sense of dominance over the victim. This offender has a sense of superiority that is based on "hypermasculinity" in which he believes he is entitled to sexual access simply because he is a man. For this offender, rape is an impulsive act of predatory victimization that the female deserves because she is female and is fair game for subjugation (Holmes & Holmes, 2002). The aggression exhibited in the rape is intended to secure the compliance of the victim rather than necessarily cause harm to the victim. To be sure, the power assertive rapist is not concerned with whether the victim is injured in the process, but this is not their primary motivation when using force against a victim. Their primary motivation is to simply obtain and maintain control over the victim. Thus, unlike the power reassurance rapist, this rapist is indifferent to the comfort of his victim; he simply is concerned with ensuring compliance from the victim. The power assertive rapist commits sexual assault so as to feel a sense of dominance and control over a female victim due to heightened beliefs regarding the roles and rights of men and women (Holmes & Holmes, 2002).

Holmes and Holmes (2002) noted that about 70% of these rapists have been raised in single-parent households and roughly a third of these offenders have stayed in foster homes. In addition, the majority (three fourths) of these offenders have suffered from prior abuse as children (Holmes & Holmes, 2002; Knight & Prentky, 1990). This type of rapist generally has many domestic problems and has often been involved in numerous failed marriages. Obviously, these marriages are replete with negative incidents, including (or especially) domestic violence.

The attack of the power assertive rapist consists of a mixture of verbal and physical violence. If he is resisted, he will physically overpower his victim. The level of aggression of these rapists tends to escalate as their raping continues. Power assertive rapists are not typically considered to be amenable to treatment. In fact, Holmes and Holmes (2002) clearly pointed out that the power assertive rapist is likely to be the most difficult of rapists to interview and interrogate. These rapists are simply unlikely to provide any cooperation even when intimidation, pleas for aid, and/or appeals for the victim's welfare are used.

Holmes and Holmes (2002) noted that "the power assertive rapist . . . may be considered to be close to the clinical evaluation of having a character disorder" (p. 153). In fact, these authors stated that this category of rapist is likely to be psychopathic in nature. Further, the power assertive rapist feels no remorse for their actions (reflective of their common underlying disorders of ASPD, narcissism, and tendencies toward psychopathy) or the victim's welfare (Holmes & Holmes, 2002). They simply care about having power over the victim or the situation. With investigators, the fact that they have information desired by investigators self becomes a form of power that they are likely to relish.

Anger Retaliation Rapist

The **anger retaliation rapist** strongly desires to harm women. This offender seeks to “get even” with women who have embarrassed or humiliated him in his past. These causes for embarrassment or humiliation may be real or imagined, but this type of offender essentially views women as bad, even evil, and thus deserving of harm. Unlike the power reassurance rapist, the anger retaliation rapist is socially competent (Holmes & Holmes, 2002). This type of rapist usually comes from a noxious family of origin where abuse or neglect was commonplace. There is a high likelihood that male role models were abusive to the mother of the offender and that the mother was, in turn, abusive to the offender when he was a child (Holmes & Holmes, 2002). These abusive mother–child interactions may be a substantial part of why this type of offender harbors resentment for women.

For this type of offender, the act of rape is meant to humiliate the victim—especially when the victim is chosen because she seems to be promiscuous or because she is seen as deserving of the abuse (Holmes & Holmes, 2002). When acting alone, this type of offender is likely to use verbal insults toward the victim, and he is likely to rip off her clothing in a demonstration of force. This type of offender will also be likely to use weapons of opportunity to assault the victim. This rapist will tend to commit his crimes near home and will usually stalk victims who are of his own race and near to his own age. It should also be noted that this type of offender is not likely to attempt further contact with the victim after the assault is over (Holmes & Holmes, 2002).

Sadistic Rapist

The **sadistic rapist** is the most dangerous and the most likely to kill or permanently maim his victim. The primary desire of this offender is to cause pain to the victim. This offender will seek to express sexually aggressive fantasies that have formed from an extended history of the classically conditioned pairing of sexual excitement and violence. Indeed, graphic pairings such as that presented in “snuff” pornographic films are an integral part of their day-to-day thoughts and lifestyle in many cases. This offender derives ultimate pleasure when inflicting pain and psychological terror upon his victim. Sadistic rapists will often use restraining, blindfolding, paddling, spanking, whipping, pinching, beating, burning, electrically shocking, cutting, strangulating, mutilating, and performing any other imaginable act of torture and abuse to their rape victim (American Psychiatric Association, 2000). Indeed, he has difficulty obtaining sexual satisfaction without inflicting harm upon the object of his desire.

When sexual sadism is severe and especially when it is associated with ASPD, these individuals are likely to kill their victims. According to the American Psychiatric Association (2000), the diagnostic criteria for the mental disorder of sexual sadism is as follows:

- A. Over a period of at least 6 months, recurrent, intense sexually arousing fantasies, sexual urges, or behaviors involving acts (real, not simulated) in which the psychological or physical suffering (including humiliation) of the victim is sexually exciting to the offender.
- B. The person has acted on these sexual urges with a non-consenting person, or the sexual urges or fantasies cause marked distress or interpersonal difficulty. (p. 573)

Because it is unlikely that this type of crime can go unreported by the victim due to the nonsexual injuries that would require hospitalization, this offender is more likely than any other to murder his victim so that they will be silenced. Similar to the power assertive rapist, the prognosis for this group of offenders is extremely poor. These types of offenders are also not good security or treatment risks for community supervision programs.

Sex Offender Typologies: Child as Victim

According to the *DSM-IV-TR* (American Psychiatric Association, 2000), **pedophilia** involves sexual activity with a prepubescent child (generally age 13 and younger). The individual with pedophilia must be at least 16 years of age and at least 5 years older than the child who was the victim. Pedophiles most often report a stronger attraction to children within a certain age range. Those most attracted to females usually prefer 8- to 10-year-olds. Those attracted to males usually prefer slightly older children. Pedophilia involving female victims is reported more often than pedophilia involving male victims.

These offenders may limit their activities to their own children, stepchildren, or relatives, or they may victimize children outside their families. Some individuals with pedophilia threaten the child to prevent disclosure. Others, particularly those who routinely victimize children, develop complex techniques for obtaining access to their victims, which may include winning the trust of a child's mother; marrying a woman with an attractive child; trading children with other individuals with pedophilia; or as in some rare cases, adopting children from underdeveloped countries or even abducting the children from strangers.

The pedophile may be attentive to the child's needs in order to gain the child's affection, interest, and loyalty and to prevent the child from reporting the sexual assault. Pedophiles start to notice their urges in adolescence in most cases, but some report that they did not become aroused by children until middle age. The recidivism rate for those having a preference for males is roughly twice that for those who prefer females (American Psychiatric Association, 2000).

While there is considerable variability in age of child molesters, most who are convicted are between the ages of 36 and 40. This is in stark contrast to the rapists who choose adult victims where, as mentioned, about 75% are under age 30. Despite the statistical finding that child molesters tend to be older than most other sex offenders, there seems to be a pattern of victim preference that is based on the age of the pedophile (Bartol, 2002). It has been found that older pedophiles (over the age of 50) seek immature children who are 10 years old or younger. On the other hand, younger pedophiles (under the age of 40) tend to select girls who are between the ages of 12 to 15 years of age (Bartol, 2002). These latter pedophiles are referred to as *hebophiles*, which simply denotes a type of pedophile that prefers preteen and teenaged children rather than prepubescent children. Most child molesters do not have a mental illness of any sort other than the pedophilia disorder as listed in the *DSM-IV-TR* (American Psychiatric Association, 2000). Pedophiles typically do not finish high school and most have poor work histories in unskilled employment backgrounds.

Adult Sex Offenders in the Community

When addressing sex offenders on community supervision, the first concern that comes to mind is public safety. This concern is the overriding and understandable priority when considering the suitability of community supervision for sex offenders. Thus, understanding the true recidivism rates for sex offenders, and understanding recidivism rates for different types of sex offenders, is critical if an agency is to make effective and safe decisions about early release. In 2003, the U.S. Department of Justice published a study that examined recidivism among sex offenders released in 1994 and tracked their reoffending rates during the subsequent 3 years. This study looked at prison systems in 15 states that released a total of 9,691 male sex offenders. These offenders comprised two thirds of all the male sex offenders released from state prison systems throughout the entire United States in 1994 (Bureau of Justice Statistics, 2003). The 9,691 were divided by type of sex offender, and the breakdown was as follows:

It is with these mechanisms in place that compliance of sex offenders can be optimized. This also can be effective in providing a sense of control and empowerment within the community; as members become more aware and proactive they then have a sense of control or influence over their community environment. Further, the legal parameters that citizens have in regard to offender supervision will be clarified, and this can generate productive results in citizen confidence and understanding of their own role in the partnership as well as that of the community supervision agency. It is in this manner that citizen involvement aids in ensuring that sex offenders comply with various intermediate sanctions that may have been imposed upon them, such as with community service requirements and/or requirements associated with house arrest.

Treatment Strategies for Sex Offenders

While most readers (particularly students of criminal justice) are aware that a variety of offenders may be given treatment they are not typically aware of how these treatment techniques are utilized. This last section is used to simply provide a brief overview of some of the techniques used in sex offender treatment. Specifically, the reader will be given a list of various methods of intervention that are used with the sex offending population to ensure a more direct understanding of how interventions are applied. Treatments may be categorized as follows: (1) cognitive behavioral therapy (CBT), (2) interrogation-oriented, and (3) drug administrative treatment.

Cognitive Behavioral Techniques

These treatments are geared toward reducing and/or eliminating the deviant sexual arousal. There are many techniques commonly used by clinicians, each with a different rationale to their use. These techniques are designed to teach impulse control, arousal reduction, and empathy.

The first cognitive behavioral technique, impulse control, utilizes three processes to alter behavior. These include **thought-stopping**, **thought-shifting**, and **impulse-charting**. The process of thought-stopping is used to disrupt a deviant-thinking pattern. The offender is given pictures of arousing images and is forced to stop his thoughts when the image is seen. The use of group confrontation, observation, and journaling assist in ensuring that this is accomplished (Knopp, 1989). The second process, thought-shifting, requires that the offender shift his thoughts to aversive imagery. The sex offender may be allowed to view or think about some arousing image but then is trained to think about something aversive, like an approaching police officer. Again, the use of group confrontation, observation, and journaling assist in ensuring that this is accomplished (Knopp, 1989). Finally, impulse-charting is a method used to track points and times when certain thoughts and or desires seem more intense. The time of day, location, and number of times per week are all important. The offender will usually also be required to report the level of intensity of the impulse (i.e., 1 to 10 scale), and this will be tracked through a journaling process with the therapist (Knopp, 1989).

The second cognitive behavioral technique, arousal reduction, includes five interventions: (1) **scheduled overmasturbation**, (2) **masturbatory reconditioning**, (3) **aversion therapy**, (4) **spouse monitoring**, and (5) **environmental manipulation**. The first intervention, scheduled overmasturbation, requires that the client routinely masturbate on a progressively more frequent schedule throughout the week. This is intended to reduce sexual drive and to make control easier for the offender. This exercise also teaches that the client does have some measure of control over his sexual arousal and use of sexual energy (Knopp, 1989). The second intervention, masturbatory reconditioning, involves having the client masturbate to an appropriate fantasy until he has an ejaculation (Knopp, 1989). The third intervention,