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Sex Offenders

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Sex Offenders

The sexual offense is among the most committed crimes, thus providing the need for effective interventions. Although several treatment programs are established to deal with crime, sexual violence remains a global public health issue. Przybylski (2014), emphasize that psychiatrist can play a critical role in deterring sexual crime by recognizing individuals with risky behaviors such as those with a history of sexual violence and dangerous paraphilic disorders. The implementation of treatment programs for these populations has proved to work; however, it is accompanied by significant challenges such as decreasing offenders' recidivism, resistance to treatment programs and criminogenic thinking.

Sex offender treatment programs have a challenge of decreasing recidivism. Although recidivism has been a trepidation in the criminal justice system and policymakers, it is becoming vital because of the increased number of individuals convicted due to repetitive illegal behavior. Counselors work to assist sexual offenders with treatment that will improve their well-being and make them better society members. This will, in return, prevent them from going back to prison because of another sexual offense. Nevertheless, according to Przybylski (2014), the rate of individuals repeating crimes is higher than the general population. Also, high recidivism directly affects public safety, making it an objective to criminal justice.

Another challenge experienced is the resistance to treatment from the convicted offenders. Although they are ordered by court to be in the program, most do not attend because of shame from sharing their act. Also, most offenders have criminology thoughts that might make them manipulate the group and the therapist. For example, the majority of them might use manipulative activities such as lying and refraction. Moreover, others might not present their

arguments well during the counseling process; for instance, one may say that only they have performed sex before, and she did not complain.

A therapist can face other challenges such as drug addiction, guilt, concurrent illnesses and very belittling self-talk. However, sex offender treatment's final goal is increased deterrence based on responsibility and accountability for criminal behavior. Nonetheless, when all challenges are incorporated, the therapist is faced with renouncing the offenders, such as the offender being drunk. Therefore, to counter all the challenges, counselors need to guide and treat sexual offenders using evidence-based treatment programs that will be effective and essential to them.

Treatment of sexual offenders is essential for ensuring public safety is maintained, and that recidivism is reduced. Several treatment programs have proved to be working, such as the risk-need responsivity. The model is utilized because it is based on evaluating the offender's risk and the environment to be placed to decrease recidivism (Grossi, 2017). Therefore, the model is essential in changing individuals' behavior through enhancing their interaction skills and eradicating their harmful behaviors hence improving the quality of life.

Another effective treatment for sexual offenders is cognitive behavioral therapy, which focuses on changing individuals' thoughts from destructive thinking that may result in significant undesirable behaviors. Therefore, this type of treatment will ensure that offenders utilize the knowledge taught by applying them in daily life, improving the mood and communicating effectively with other people. Grossi (2017), states that this cognitive behavioral therapy has proved to decrease the recidivism of sexual offenders.

References

- Grossi, L. M. (2017). Sexual offenders, violent offenders, and community reentry: Challenges and treatment considerations. *Aggression and Violent Behavior, 34*, 59-67.
- Przybylski, R. (2014). Adult sex offender recidivism. *Sex Offender Management Assessment and Planning Initiative Report*. <https://smart.ojp.gov/somapi/chapter-5-adult-sex-offender-recidivism>

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