



Adolescent Sexually Maladaptive Behaviors Group

Group Description: The sexual behavior of our children has long been a difficult topic for most parents. It is also a difficult topic for adolescents to discuss with their parents. The Adolescent Sexually Maladaptive Group is based on the idea that youth need to understand the forces behind their sexual urges and how to control them in the future. Sexually abusive behavior is a symptom of a much greater problem and the goal of the group is to assist the adolescent in working through these issues. In the group, the following topics are addressed in order to accomplish this goal:

- Sexual History, Healthy Sexuality, and Sexual Education; normalize sexually feelings, urges, and curiosity.
- Identification of Trauma/Victimization
- Self-esteem and Difficult Emotions
- Problem Solving and Decision-Making:
 - Why did I do it?,
 - High-Risk Situations,
 - Thinking Errors,
 - Warning Signs/Triggers,
 - Detours/Alternate Behaviors
- Healthy Relationships:
 - Family,
 - Peers,
 - Romantic Relationships
- Healthy Activities
- Creation of Safety Plan and Life Plan

Other Considerations: A Psychosexual Risk Assessment needs to be completed either prior to the referral or via Southwestern prior to starting the group. Individual sessions are required every two weeks in which the parents/guardians must attend.

Sessions: The group will be open-ended and participants may join at any time. The program will take approximately six months or longer to complete based on the individual treatment needs of the youth and their family.

Population: Adolescent males ages 13 – 18 or still attending high school.

Time: Every Tuesday from 4:00 – 5:00 pm

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