

**Transitioning Back
To Normalcy**

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Victim Clarification

▶What is it?

- ▶Part of the rehabilitation of the offender
- ▶Face to face meeting with the victim to take accountability for their behaviors
- ▶Takes place with the victim therapist as well as the offender therapist present
- ▶Occurs only when the victim is ready
- ▶Controlled by the victim

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**Should be able to show five
steps of the clarification process**

1. Responsibility
2. Boundaries
3. Barriers
4. Empathy
5. Commitment

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**Five steps of the process:
#1 Responsibility**

- The offender shows how they are taking responsibility for ALL their harmful actions/behaviors from the past
- Must show an understanding of the harm that they have caused to the victim as well as to the family unit
- How they will continue to be responsible for all their actions in the future

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**Five steps of the process:
#2 Boundaries**

- How were the victim's boundaries broken?
- How did they manipulate the victim?
- How did they manipulate others?
- How will they respect boundaries in the future?

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**Five steps of the process:
#3 Barriers**

- Motivation to offend
- Internal barriers
- External barriers
- Victim resistance

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Barriers: Motivation

- What was their thought process that lead them to offending?
- How did they start thinking deviantly?
- Sexual fantasies? Use of pornography? Anger? Drugs or alcohol? Depression? Something else?
- Relationships?

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Barriers: Internal Barriers

- Knowing right from wrong?
- Values and morals?
- Thinking errors?
- Getting past their conscience
- Ignoring the obvious

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Barriers: External Barriers

- People?
- Time of day?
- Home environment?
- Location?
- Situation?

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Barriers: Victim Resistance

- Breaking down the victim's defenses
- Manipulation
- Grooming

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**Five steps of the process:
#4 Empathy**

- How were they NOT showing empathy before and during the offense?
- What have they learned about empathy in their treatment?
- How are they going to show empathy in the future?

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**Five steps of the process:
#5 Commitment**

- How are they going to ensure there will be no more victims?
- How are they going to show that their new attitude will keep themselves and others safe?
- What have they learned to assist them with their commitment to safety?

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What does it look like?

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"first I just want to say that you are a great person and you have many great qualities that I took advantage of. You were always very playful, you like to play with other people's stuff. I took advantage of you by letting you play with my things so that you would trust me and be ok around me. I acted like a good big brother by being nice to you and making you food and stuff. I was living this thing called a double life with you and everyone in the family. A double life is when you are very two-faced."

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"before I started treatment I acted very manipulatively. I was deceptive and lived a double life where I pretended to be fine while I was really trying to not be noticed so I could get away with the bad things I was doing by acting out sexually with my sisters. I knew what I was doing was wrong and hurtful to them, but I continued on anyways. I know this behavior is harmful not just by the consequences, but by how others are affected. I DID do what I did, and I KNOW I hurt people. People I love. People who were close to me. I am very remorseful for what I have done and wish I could change it, but I can't. What I CAN do is change myself so I never reoffend."

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"I know you may ask why no one could protect you and the reason is that because I manipulated a lot of people to get my way. When I committed my offense, I felt scared because I knew what I did was wrong. I just want you to know that I was being very selfish to you and the rest of our family and I didn't care who I hurt. I know I made you feel helpless in so many different ways. I changed you forever and I want to say I'm sorry for everything that I did."

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"I would like to take this time to be more honest and to use every opportunity to work with you and be a better brother for you, to have a better relationship with our family and with you, and to be the brother that you deserve, not the brother that I was. I was given a second chance, a chance for me to be better, and not to pretend that nothing happened but to show that I have learned a lot in my therapy and have changed from the hurtful person I was."

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"most of all, I learned what empathy is and how it is used every day. Empathy is not just feeling sorry for someone, but putting myself in their shoes to understand what they are feeling. Nothing makes me forget how much I hurt you and our family and that I wish I could say I am sorry and it would be better, but I can't. I can only show you how I have changed to be a better brother and a better person that will never hurt anyone like that again."

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"I remember the promises I made to keep you safe. I broke that promise when I was alone with you and hurt you like I did. When our parents asked for the truth, I lied, multiple times I lied. And in those lies I gave the impression, this false image of a good brother who would take care of you and be relied upon rather than the brother who was actually an abuser, who took advantage of other's trust. I used your kindness to hurt you and others. I hid my negative behaviors by blaming things on you so our parents would give me things I wanted but did not deserve."

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What if the Clarification meeting doesn't go as planned?

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Family Reunification

►What is it?

- Similar to the clarification letter, but this is mainly for the family
- Shows what the offender has learned in his treatment and how he will apply that information to keep himself and others safe
- Can also be used by Probation Officers to determine risk levels

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Family Reunification (continued)

- ▶ Explains how they are a different person than before starting treatment
- ▶ Takes FULL accountability for their actions
- ▶ Explains their offenses and their offender cycle
- ▶ How they felt during treatment and what they learned about empathy
- ▶ Explains their use of thinking errors and deviant thoughts
- ▶ What they have learned during treatment (not just the material in the book)

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What does it look like?

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"I want to thank you, mom and dad, for taking time out of your day to be here and for coming to hear what I have to say. First I would like to apologize for what I have done to hurt our family. I would like to apologize for all the lies I told you both. I wish that I could go back and let you know how I was feeling so that I would never have hurt anyone and you could have gotten me the help I needed. I know I can't do that, but I will from now on, no matter how embarrassing it is. I want you to know that none of this is your fault and it is solely mine because of my selfishness."

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"I manipulated and lied and betrayed so that I could commit my offense and I want to apologize for the lies I told, for the disrespect I showed everyone, and for the hurt that I caused. I had no reason to treat anyone that way. You have never given up on me, you never left me, you loved me unconditionally, and have always been in my corner."

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"I used a lot of thinking errors (thinking that is illogical and wrong) on a daily basis. I used justification (where I made excuses why I am right) a lot because I cared more about being right than doing what was right. I used maximizing (making things seem bigger than they were) and minimizing (making things smaller) to make myself seem right and make my wrongs small and hopefully meaningless. I was also very wrong, very self-centered, and had very little feelings for anything but what I wanted. My therapy has taught me a better way - I do not care about being right as much as I care about doing what is right."

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"I am open to the opinions of other people and I am no longer afraid to ask for help, to show emotions, or to let other people help me when I need it. I used to have all sorts of deviant plans on how to get what I wanted, but now, I know that I can control those thoughts with some long-needed self control. I learned from my mistakes and know that I can be a better person in my future. I learned what triggers my emotions and how to deal with them correctly without hurting others. Mostly, I learned how my actions have harmed others, how I manipulated, how I lied, and how I never want to be like that again."

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"I feel that I am ready to come home to my family. I have learned so much in my therapy and I am truly grateful for everything that I learned. I promise to use all the tools that I have been given to build a successful life, I promise to always follow the rules I am given, and to respect other people's boundaries and expectations of me. I will live a life free of victims."

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Getting ready to return home to the family
What has to be done first?

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Safety Plans
▶ Prepare for Seemingly Unimportant Decisions
▶ SUDs at school
▶ SUDs at home
▶ SUDs in their neighborhood
▶ SUDs in their community

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Risk Factors and Protective Factors

- ▶ Who is around to help?
- ▶ What are the risk factors?
 - ▶ How do they avoid/manage them?
- ▶ What could be triggers?
 - ▶ What Self Control Techniques are used?
- ▶ What are the protective factors?
 - ▶ How do they make them stronger?

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What does the family want?

- What are the rules?
- Who is going to enforce the rules?
 - What could be consequences?
 - What if someone feels uncomfortable? How do they express it?

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FAMILY COMMUNICATION!

- ▶ Everyone is honest and open about their feelings no matter what
- ▶ Accountability and planning for contingencies
- ▶ Privacy and security

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Questions?

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Thank You for
All That You Do

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