

SEX OFFENSE TREATMENT AND ASSESSMENT PROGRAMS



FACT SHEET

ABOUT THE PROGRAM

Under the Sex Offense Treatment and Assessment Programs (SOTAP) the Washington State Department of Corrections (DOC) provides no-cost sex offense specific treatment to eligible men and women convicted of a sexual offense or convicted of an offense with sexual elements or sexually abusive behaviors.

The SOTAP is a 2-year program with one year spent in prison programming (PSOTAP) and one year in community programming (CSOTAP).

Individuals who have been convicted of sexual offenses and are required to complete community supervision with the Department of Corrections (DOC) are eligible as long as they have served a prison sentence and they received prison treatment programming during that sentence.

PROGRAMMING

Research indicates that sex offense specific treatment using cognitive behavioral treatments are most effective in reducing the risk to reoffend. The SOTAP utilizes aspects of cognitive behavioral therapy, dialectical behavior therapy and acceptance and commitment therapy, all evidence-based interventions, to assist in reducing recidivism.

The SOTAP also utilizes Department-approved, validated risk, and needs assessments to determine an individual's risk to commit future offenses and areas to focus on in treatment.

Supervised individuals that did not participate in SOTAP who require sex offense treatment must seek out a private sex offense treatment provider (SOTP) at their own expense. SOTPs are clinicians in private practice within the community licensed by the Department of Health to provide sex offense treatment.

MAIN GOALS

1. Assist individuals in learning how to reduce and manage offense-related risks.
2. Provide information to assist the Department and community with managing and monitoring an individual's risk to sexually reoffend.
3. Routinely evaluate and align SOTAP with evidence-based practices.

DEFINITIONS

COGNITIVE BEHAVIORAL THERAPY

- A type of psychotherapy in which negative patterns of thought about the self and the world are challenged in order to alter unwanted behavior patterns or treat mood disorders such as depression.

DIALECTICAL BEHAVIORAL THERAPY

- A type of talking therapy. It's based on cognitive behavioral therapy (CBT), but it's specially adapted for people who feel emotions very intensely.

ACCEPTANCE & COMMITMENT THERAPY

- An empirically based psychological intervention that uses acceptance and mindfulness strategies along with commitment and behavior-change strategies