Effective Rehabilitation for Adult Sex Offenders

The Sex Offense Prevention Program
at the Tokyo Probation Office

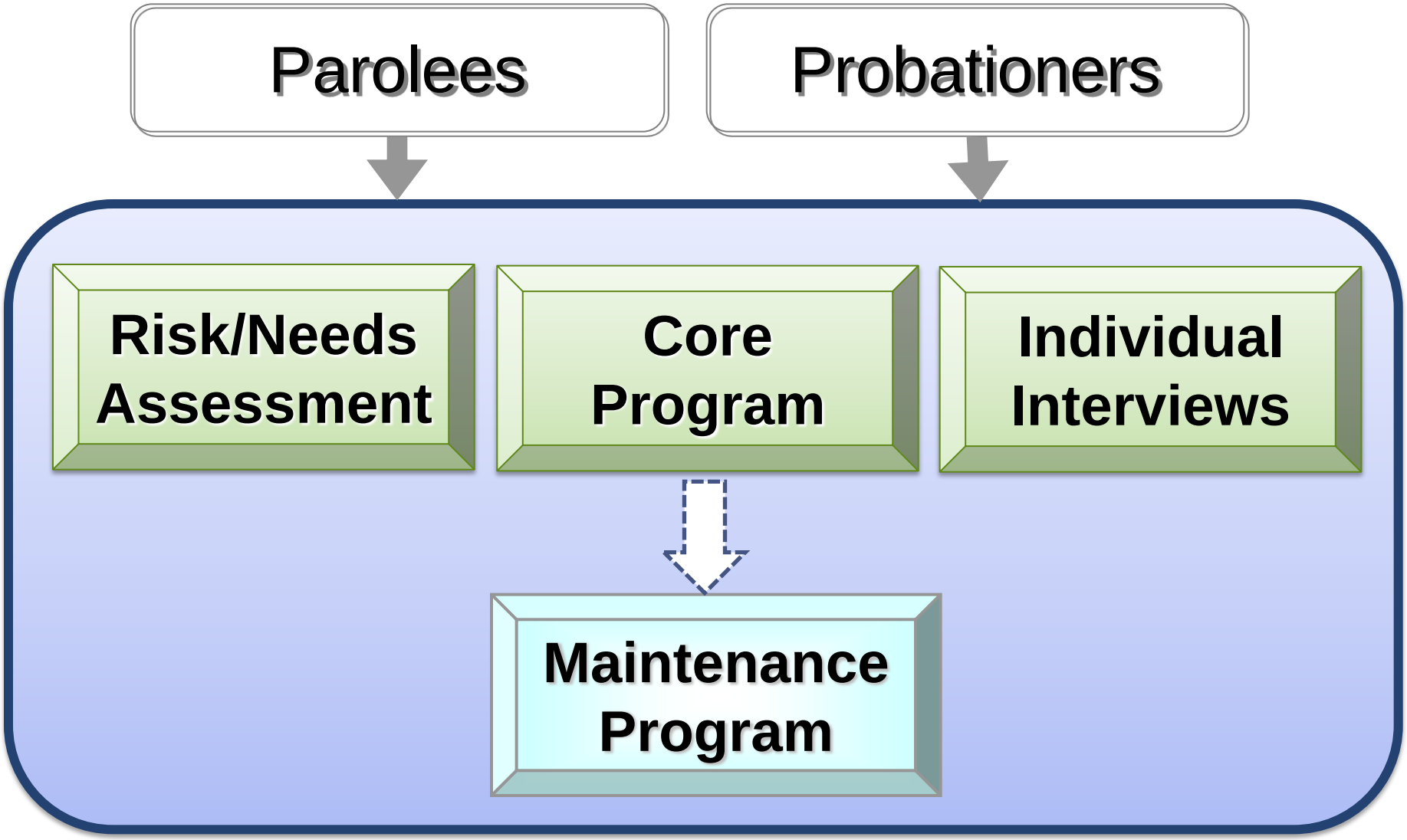
The 3rd WORLD CONGRESS
on PROBATION
13th September 2017

Outline of Presentation

- The overview of the Sex Offense Prevention Program (10min.)
- The results of the study to assess the effectiveness of our program (8min.)
- Conclusion (2min.)
- Q & A session (5min.)

Total 25min.

Flowchart of the Sex Offense Prevention Program



Objectives of the Program

- Sex : Male
- Age : 20 years of age and older
- Situation : Parolees / Probationers
- Charged Offense :

  Sex offense

  Other offenses based on sexual motivation (including underwear theft, voyeurism, genital exposure)

Basic concept of the program

To catch any signs and preparatory stages that may lead to an offense as early as possible before committing a sex offense.

Contents of the Core Program

Group sessions based on Cognitive Behavioral Therapy

A

Understanding the process of what causes sex offenses

- Understand how to control oneself
- Investigate the cycle of one's offenses

B

Cognitive Coping (cognitive reframing)

- Identify the cognitive distortions
- Consider the cognition to avoid "at-risk situations"

Daily Home Work

Contents of the Core Program

C

Behavioral Coping (Problem Solving Training)

- Identify the risk behavior which provokes an offense
- Consider the behavior to avoid "at-risk situations"

D

Impacts of sex offenses on victims

- Add cognitive restructuring through learning about victims

E

Relapse Prevention Plan

- Create an individual Relapse Prevention Plan

Daily Home Work

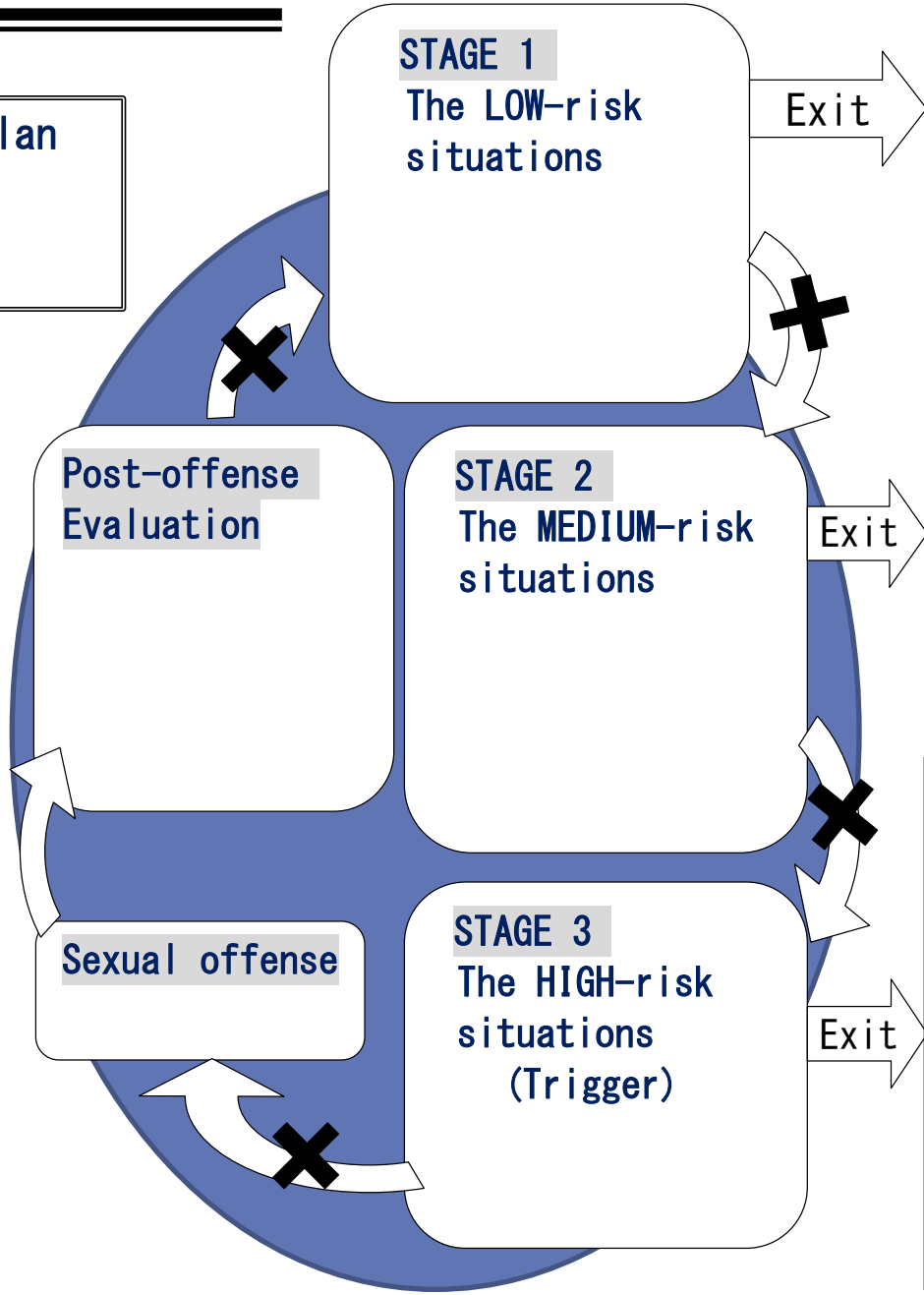
My Relapse Prevention Plan

My good life plan

My charms

- Things
- People
- Relaxing time and habit

Stimulus control



Cognition :

Behavior :

Cognition :

Behavior :

For an emergency situation

Self-Instruction

Time-Out

Thought stopping

いざという時のために!
精神状態 + 具体的な場合
行動的対処
タイムアウト法
思考中断法
認知的対処(自己教示法)
刺激コントロール法
お守り
サイクル図
(一見)問題のない状態
実行後の状態
日常のできごと きっかけ
知る
抜ける
ためこみ
危険な状況 ひきがね
計画
想像 空想
一歩ずつ
日々継続
夢目標
さらに継続
+日常
+日常での対処
A B C D E
(1) 回答説明
(2) ルールの説明
(3) 「いざという時」のための対処
(4) 基本モデル サイクル図の復習
(5) ホームワークの確認
(6) まとめ、感想
できごと
認知
行動
気分・感情
結果

Structure of group sessions of the Core Program

- twice a month
- 2 hours (each session)
- 3-5 person groups (no change of members)
- 2 facilitators of each gender of Probation Officer (no change of facilitators)
- Individual interview with each offender after every group session

The state of implementation of the Core Program at the Tokyo Probation Office

The number of new cases in 2016 :

Parolees	71
Probationers	38
Total	109

The Maintenance Program

- **Object**

  the offenders who have finished the Core Program and who agree to participate in the Maintenance Program

- **Purpose**
  - **to deepen understanding of contents of the Core Program**
  - **to keep motivation for applying what they learned in the Core Program to their daily lives.**

- **Structure**
  - **Once a month / 2 hours each session**
  - **Participation is not mandatory**

Method of Study 1 (investigation object)

- Probationers and Parolees under the Jurisdiction of the Tokyo Probation Office
- Sex Offenders
- Examinee Group

  → Offenders who participated in the Sex Offence Prevention Program (started in 2006)
- Control Group

  → Offenders who did NOT participate in the Program (because their period of probation/parole started before 2006)

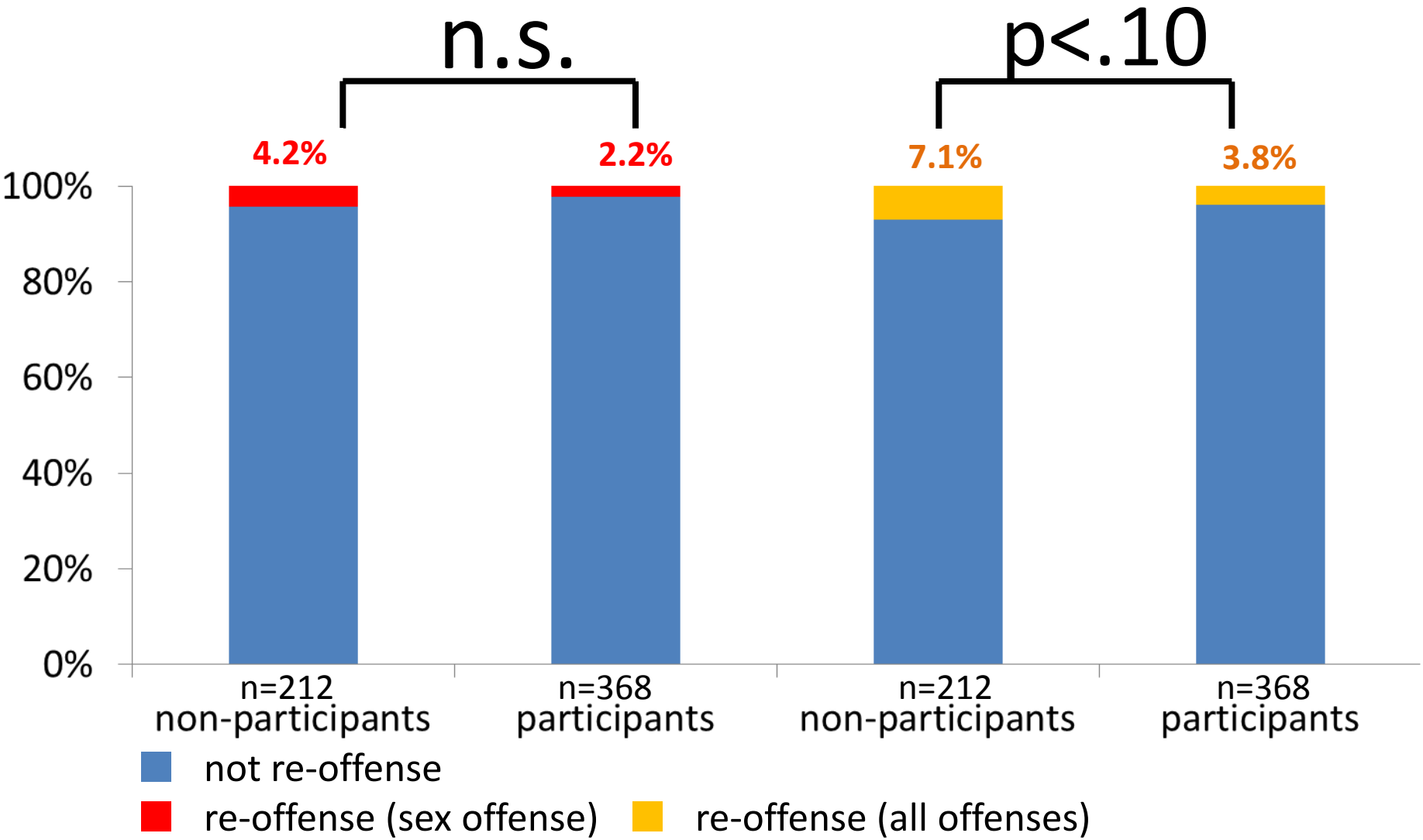
Method of Study 2 (statistical analysis)

- Compared the Recidivism Rate between Examinee Group and Control Group
- Recidivism Rate
  - Type of the Re-Offense

  → All offenses / Limited to Sex Offenses
  - Follow-up Phase

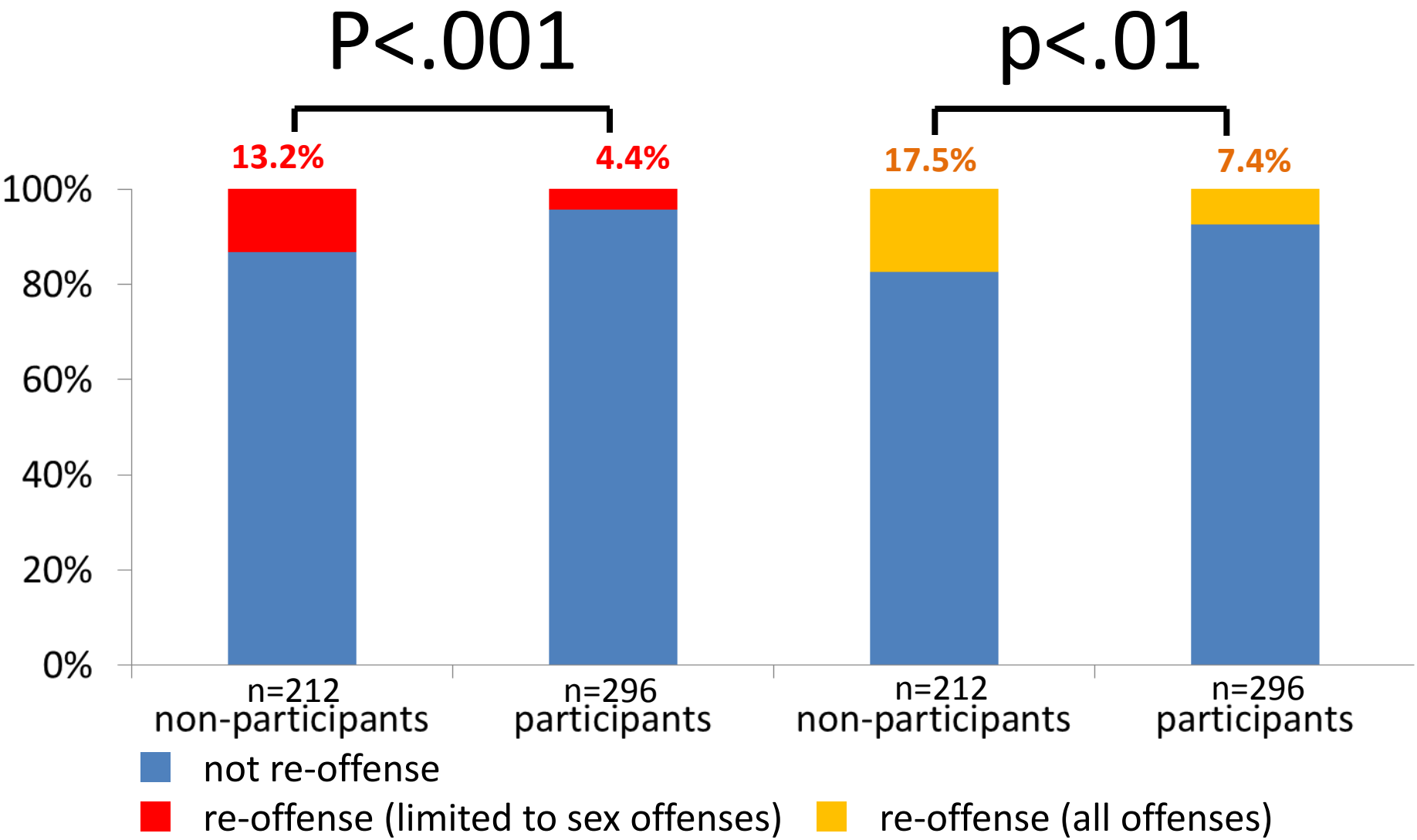
  → 1 year / 2 year / 5 year
- Conducted the Chi-square test to verify whether there is a significant variation in recidivism

Result 1 -Recidivism Rate / within 1 year



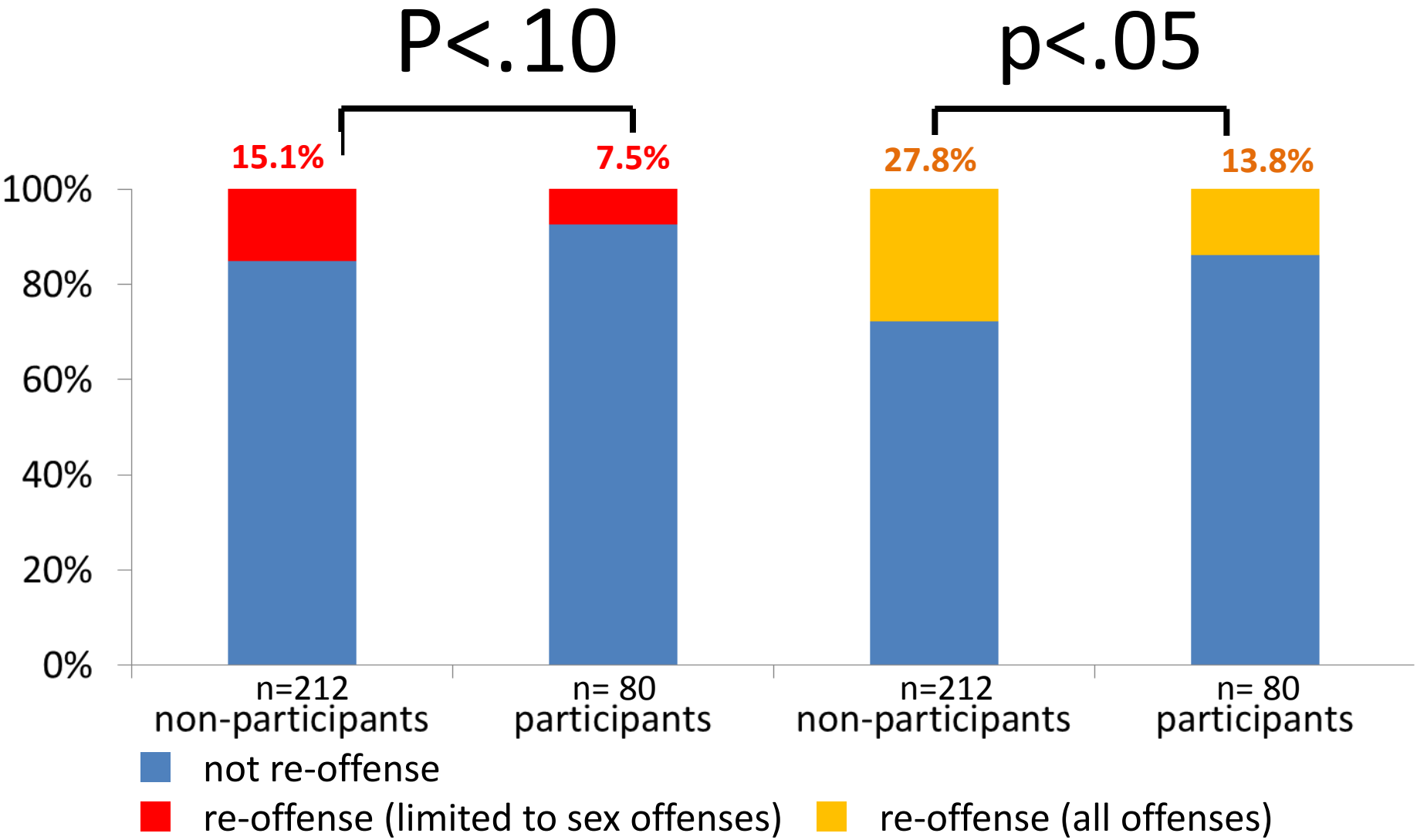
(Analysis of data by Chi-square test)

Result 2 -Recidivism Rate / within 2 year



(Analysis of data by Chi-square test)

Result 3 -Recidivism Rate / within 5 year



(Analysis of data by Chi-square test)

Conclusion of Study

- The results suggest that the Sex Offence Prevention Program is effective for crime prevention.
- The Program reduces recidivism rate not only for sex offenses but also for other offenses.
- The effect of the Program may not be noticeable in the short term and may not last permanently. The effectiveness is remarkable from a medium-term perspective.
- Further investigation is needed for more detailed information.

CONCLUSION

- **The Core Program is effective in preventing medium - term recidivism.**
- **It is necessary that the offenders talk about their sexual issues and everyday problems long after the Core Program.**

We will aim to create a system that allows more offenders to continuously participate in the Maintenance Program.

Thank you very much for your attention.

This presentation is based on the personal opinions of the presenters.
(This is not the official stance of the Ministry of Justice.)

We would like to thank the Director and other staffs
of the Tokyo Probation Office
for providing an outstanding work environment.