

Adaptation of the Good Lives Model for use with Young People who Display Harmful Sexual Behaviour

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This workshop will focus on an adaptation of the Good Lives Model (GLM) for use with young people who have displayed harmful sexual behaviour. Beginning with a brief introduction to the GLM as a framework for rehabilitation, the workshop will describe the adaptation of this model within a practice setting, with reference to the development of more young-person friendly language and concepts, as well as outlining some of internal and external processes which have helped to facilitate the implementation of this adapted model. A participatory exercise will help to elucidate some of the key concepts underpinning the GLM, whilst at the same time enhancing delegates' understanding of how the adapted model can usefully and efficiently operate within a clinical setting, to frame and guide assessment and intervention. The workshop will then draw on preliminary findings which indicate that the needs that this population of young people may be most commonly seeking to meet through their harmful sexual behaviour are belonging, emotional well-being and sexual health. It will further challenge delegates to consider how meeting sexual health needs may not necessarily always have been the priority for young people who have exhibited harmful sexual behaviour, albeit remaining an important focus of specialist intervention. The salience of needing to belong and to emotionally self-regulate may be reflective of the trauma histories and attachment difficulties which are often over-represented within this population, and which undoubtedly have important implications for the content, focus, and sequencing of interventions. These implications will be given brief consideration, before being illustrated via experiential methods. A key objective of the workshop is to raise delegates' awareness of the potential to adapt a strengths-based and increasingly influential model (i.e., the GLM) for use with young people with harmful sexual behaviour.