

Treatment at the Sexual Behaviours Clinic

The Sexual Behaviours Clinic (SBC) at the Centre for Addiction and Mental Health (CAMH) provides multidisciplinary assessment and treatment services for individuals with sexual behaviours or urges that may have resulted in personal or legal difficulties. Following an assessment, treatment options may be recommended. The clinic offers various group treatment programs for men only. Individual therapy is available for women and, in special circumstances, for men. Our program uses a multidisciplinary approach. Our team includes professionals from psychiatry, psychology, sexology, social work, and other disciplines.

The Sexual Behaviours Clinic treatment model uses an eclectic, evidence-based approach that includes aspects of cognitive behavioral therapy, mindfulness-based therapies and Acceptance and Commitment Therapy. It focuses on values, goals, and the consequences of sexual behaviours and sexual offences. Treatment can also be of a preventative nature, and not only in response to legal charges.

Treatment Groups

Mainstream Group

This group is for men who have been convicted of sexual offences or who experience distress due to the nature of their sexual interests. Most clients in this group are on probation and are mandated to treatment. This is a 14 week program with a 120-minute session each week.

Child Pornography Group

This group is for men who are on probation for possession of child pornography and/or who have struggled with using child pornography. The program lasts 12-16 weeks and meets weekly for 90 minutes.

Mental Health Recovery Group

This group is for men with an acute major mental illness (such as Schizophrenia or Bipolar Disorder) who have been convicted of sexual offences or who have gotten into trouble as a result of their sexual behaviours. This 20-week group meets weekly for one hour.

Follow-Up Group

This group provides optional extra support to men who have completed the Mainstream or Child Pornography groups in the Sexual Behaviours Clinic. The group meets every two weeks for 90 minutes. The group is ongoing and clients can join at any time.

Modified Follow-Up Group

This is a voluntary open-ended group for clients with a developmental and/or intellectual disability; participants are invited to join after they have successfully completed more intensive therapy. The group is focused on elaborating on material learned in the modified individual treatment, with an emphasis on practicing learned skills and increasing social connectedness and support. This group meets monthly for one hour and is ongoing throughout the year.

Mental Health Recovery Follow-Up Group

This group provides optional extra support to men who have completed the Mental Health Recovery Group. This group meets monthly for 60 minutes. The group is ongoing and clients can join any time.

Talking for Change Group

This group is for individuals who have a sexual interest in children and/or are concerned about their risk to offend involving children (either online or offline) and who do not currently have criminal justice involvement for a sexual offence. The SBC received a nearly \$1 million grant from the Canadian government to develop and extend services to non-justice involved individuals, and this therapy program is part of the larger Talking for Change program involving an anonymous and Canadian-wide helpline for these same individuals.

Additional Treatment Options

Individual Therapy

Individual treatment is very limited at the SBC. When offered, it is typically reserved for women who have received an assessment at the SBC, clients with a developmental and/or intellectual disability, and for men who are unable to attend a treatment group for various reasons (e.g. need for an interpreter, or treatment needs that are not best suited for group treatment). These decisions are determined on a case-by-case basis by the treatment team.

Family Support

The SBC offers brief supportive services to the families of SBC clients who have committed sexual offences or are engaging in sexual behaviours that could get them into trouble with the law. These services are brief and time-limited and are psychoeducational in nature. Please note we do not offer family counselling, family reintegration services, or long-term psychotherapy.

Sex Drive Reducing Medication

A medication consultation is sometimes recommended as part of the assessment process. Meeting with a Psychiatrist can assist in understanding the range of options available for treatment purposes. Various medications are considered by our Psychiatrist to assist in managing or reducing sex drive as needed.

The clinic can prescribe medication to reduce sex drive:

1. For people who are at high risk of acting out sexually; or
2. For those whom psychological treatment alone has not succeeded in reducing distressing sexual fantasies and/or activities to a manageable level.