

Evaluation and Treatment Unit

Psychological Programmes
for Persons with Sex Offending Behaviours

Evaluation and Treatment Unit



Psychological Services Section 1

Objectives

The Evaluation and Treatment Unit (ETU) was set up in 1998 to help persons in custody (PIC) who have committed sex offences to lead a law-abiding and constructive life after release. Located in the Siu Lam Psychiatric Centre, it is the first residential treatment unit of this kind in East Asia. It aims to provide participants with comprehensive and systematic psychological assessment and treatment programmes in a therapeutic environment, in order to help them desist from crime and develop a positive lifestyle.



Programme Content

1. Orientation Programme (OP)

PICs committing sex offences are referred from other correctional institutions to ETU to participate in the OP. Clinical psychologists will assess the re-offending risk of individual PIC and formulate suitable treatment plans accordingly. Group activities will be organized to enhance their motivation for treatment.

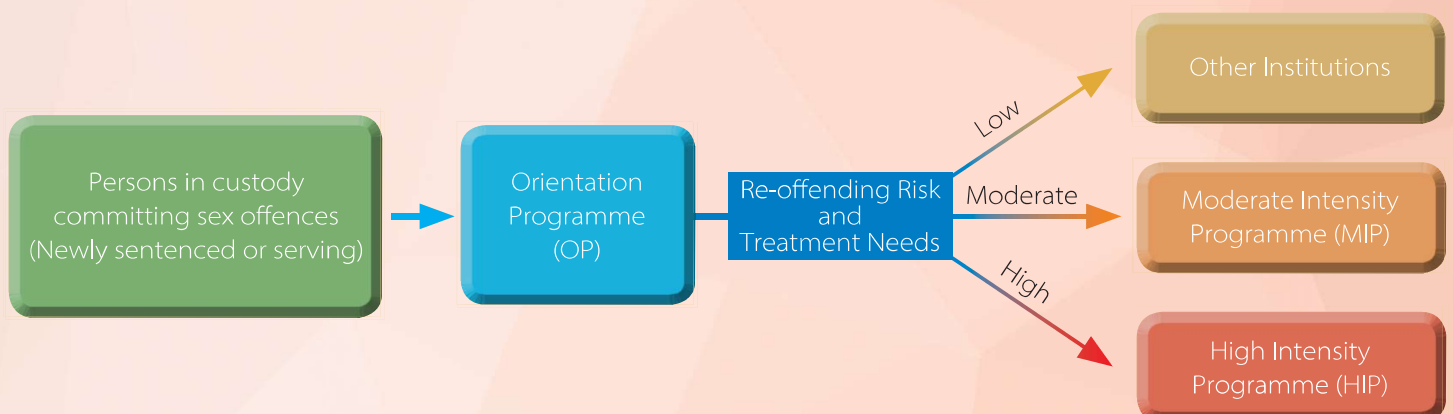


2. Moderate Intensity Programme (MIP) & High Intensity Programme (HIP)

Upon completion of the OP, PIC assessed to be of low re-offending risk will return to their respective institutions. Those of moderate or high risk of re-offending will be assigned to either MIP or HIP, in accordance with their risk and need levels.



Figure 1. Programme Matching is based on the risk and need levels of PIC



Programme Content

Treatment primarily takes the form of group therapy and is supplemented with individual treatment. Participants are also required to complete a set of treatment manuals specifically designed for PIC committing sex offences. Treatment mainly includes the following modules and will be adjusted according to the needs of each individual:



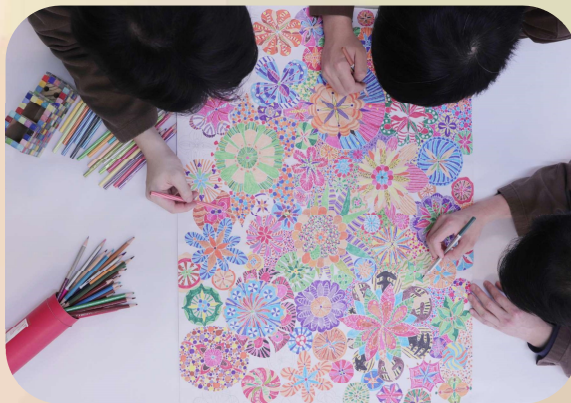
Figure 2. Major Treatment Modules



Programme Characteristics

1. Therapeutic Community & All Staff Approach

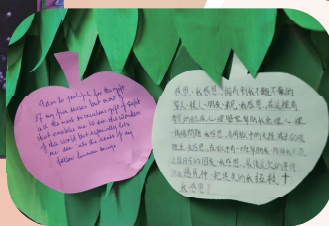
ETU is a therapeutic community that encourages mutual care and support so as to facilitate positive changes among its participants. The latter attend group treatment, live and work together in ETU. The front-line correctional staff work to foster the therapeutic milieu of the community and encourage participants' skill practice in daily life. This also helps them to be better equipped for re-integration into society.



Participants showed their talents in the various group activities.



Participants jointly decorated the poster board as a showcase for their Positive Psychology group activity work.



Therapeutic Community
& All Staff Approach

1

Strength-based
Treatment Approach

2

2. Strength-based Treatment Approach

Treatment programme not only aims at rectifying the participants' emotional and psychological problems, but also enhancing their strengths. For example, the development of healthy sexuality is emphasised in addition to the treatment of sexual deviance. To facilitate the development of positive lifestyle, group activities with themes based on the notion of Positive Psychology, such as gratitude and appreciation, are organised regularly to cultivate positive thinking and emotions.



Programme Characteristics

Post-release counselling service and support

3

3. Post-release counselling service and support

After their release upon completion of the psychological programmes, the participants often have to face various challenges and make necessary adjustments. ETU has enhanced collaboration with different community organizations and regularly calls for Multidisciplinary Meeting for professional exchange. This is to ensure continual support and psychological service for the participants to facilitate their rehabilitation and reintegration.



The fruitful professional exchange at the Multidisciplinary Meeting helps to improve post-release service and support.



Achievement

1. Benchmark with international standard

Since 2009, the Department has invited local and international experts to form a Treatment Advisory Panel for regular service review, so as to benchmark with international standards. The third service review was conducted in 2018 with the following panel members:

Prof. Fanny M. C. Cheung, SBS, OBE, JP,

Former Pro-Vice-Chancellor, The Chinese University of Hong Kong (2013-2020)

Mr. Robert J. McGrath,

Former Clinical Director of Vermont Treatment Programme for Sexual Abusers, U.S.

Dr. R. Karl Hanson,

Adjunct Research Professor at Carleton University, Canada

Former senior researcher with Public Safety Canada



The Treatment Advisory Panel came to Hong Kong for the third service review in December 2018.



Achievement

All panel members of the third service review considered the ETU programmes as comprehensive and mature, and maintained a high professional standard which has been consistent with the international best practice criteria.

2. Local Assessment Tools

With the funding from Hong Kong Jockey Club Charities Trust, CSD has collaborated with The Chinese University of Hong Kong to develop a full set of localised assessment tools which can enhance the quality of assessment of reoffending risk and treatment needs of local PICs committing sex offences.



Future Directions

1. In line with the strategic plan of CSD in building of a sustainable correctional system, ETU attempts to enhance treatment effectiveness by following the direction of innovative technology and making good use of resources. Hence, more interactive element with the use of electronic tablets is added in the treatment programmes to enhance treatment motivation and also enrich the programme content.
2. Evidence-based scientific research is indispensable to psychological assessment and treatment. In order to maintain the international level of professional work as well as meet the unique local needs, ETU will continue the research work to perfect the localised assessment tools and strengthen collaboration and exchanges with internationally renowned experts.