

Training Event

The Good Way model

Date: Friday 25th April 2014, 9.30am - 3.30pm

(a short ySOTSEC meeting will take place 3.45-5.00pm for anyone who wishes to attend)

Delivered by Lesley Ayland, registered Clinical Psychologist and CEO WellStop, New Zealand

Venue Friends House, 173-177 Euston Road, London, NW1 2BJ (immediately opposite Euston station).

Intended for practitioners and researchers with an interest in working with children and young people, and also adults, with intellectual disabilities who show harmful, or offending, sexual behaviours. Professionals from health, local authority, youth justice, community, voluntary sector and independent sector will be welcome.

The Good Way model was developed in New Zealand by Lesley Ayland and Bill West of Wellstop, as a community based treatment programme for children, adolescents and adults, referred by courts and from the community for harmful or abusive sexual behaviour. The Good Way model is an integrative model developed for clients who have learning disabilities/intellectual disabilities and harmful sexual behaviour. It is widely used in New Zealand and Australia with these clients and with adults with mild-moderate intellectual disability. The model can also be modified for children and is useful with mainstream youth.

The Good Way model focusses on the goals or outcomes that the client and his/her community of interest (family, school, social workers, therapists etc) want to achieve, rather than a specific focus on only the client making changes. It integrates relapse prevention, skill development, trauma therapy, Good Lives approaches and ethical and strengths-based approaches. It uses techniques from narrative therapy and the language of the model is derived from the language of the clients. The Good Way model encourages creativity, including creating stories, playing games, using props, and doing role-play work. Other therapeutic techniques (e.g. Cognitive Behavioural therapy; Behaviour modification; Biofeedback, Family Therapy) can be incorporated into the Good Way framework. The model is individualised and is responsive to a client's culture, faith and interests as well as to his or her risks, needs, developmental level and abilities. It can also be used within the group context.

Lesley Ayland is a registered Clinical Psychologist, currently employed as the Chief Executive Officer of WellStop in Wellington, New Zealand. WellStop has branches in five cities in New Zealand and provides services to children, adolescents and adults referred both by the courts and from the community for sexual offending/harmful sexual behaviour.

The Good Way model was co-developed with Bill West, who is originally from York in the UK and is a senior therapist at WellStop.

Aims

Attendance at the Good Way workshop will enable delegates to

- Understand how the model and elements of Good Way contribute to engagement and change
- Experience some of the Good Way activities
- Learn of past and current evaluations

Reference *Please read before attending the event*

Ayland L. & West B. (2006). The Good Way model: A strengths-based approach for working with young people, especially those with intellectual difficulties, who have sexually abusive behaviour. *Journal of Sexual Aggression, 12, 2*, pp. 189-201

Cost

£40/ person for ySOTSEC-ID* or SOTSEC-ID* members

£80/ person for non-members

Membership

ySOTSEC-ID or SOTSEC-ID membership is offered as either individual or corporate, and it can be applied for using the attached forms.

£30 for individual membership.

£150 for corporate membership (allows up to 6 individuals to be nominated as members from a singular trust/ organisation).

Teas and coffees included. Lunch is not provided but there are varieties of food shops in the proximity.

* visit <http://www.kent.ac.uk/tizard/sotsec/index.html> for more information on y/SOTSEC-ID