

# Sexual Fantasy and Arousal

## Managing the problem



... Specialist training and case advice

Fantasy and arousal are two of the most significant factors associated with sexual offending, and an understanding of this area is fundamental in the effective assessment, treatment and risk management of offenders.

Our one-day workshop combines practical insights with relevant techniques that can be used by offender managers, social workers, or other practitioners working in the field of sexual abuse.



working to protect children

[www.lucyfaithfull.org.uk/training](http://www.lucyfaithfull.org.uk/training)

# Fantasy and arousal management

## A course for practitioners

This training course provides an insight into the role of fantasy and arousal in the sexual offending cycle. Increasing your understanding of this aspect of sexually abusive behaviour will enable you to:

- Enhance your risk management skills
- Develop new techniques in managing offenders
- Engage individual offenders in discussions about their behaviour.

Throughout the day, you will be given the opportunity to explore the issues through individual case studies as well as to discuss your own case examples.

## Course aims

This course will increase your confidence in dealing with sexual offenders and in engaging them in constructive discussions about their behaviour. It covers details about arousal management techniques and how to convey them to offenders.

As specialists in offender treatment and management, our facilitators will explain:

- The nature and role of sexual fantasy in offending
- How sex is used as a coping device and the needs met by sexual fantasy
- Models you can use when working with offenders
- The link between deviant sexual fantasy and risk
- Techniques for arousal management
- Ways to devise effective intervention plans

Models demonstrated on the course include fantasy continuum, arousal diary, fantasy range and themes.

**Check the website for forthcoming dates and locations or call us to arrange group training at your own premises.**

We provide a comprehensive range of services, including training and specialist case advice for professionals, and direct work with sex offenders and their families.

For more details  
visit [www.lucyfaithfull.org.uk](http://www.lucyfaithfull.org.uk)

**For further course details, or to discuss  
your training requirements, contact  
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