



Child Advocacy Center  
OF AIKEN COUNTY

# PSB-CBT

Problematic Sexual Behavior Cognitive Behavioral Therapy -  
A Treatment Program Aimed to Prevent Recidivism

## Introduction to PSB-CBT

Some sexual play among young children, like playing doctor or looking at private parts, may be considered normal. However, some sexual behaviors are inappropriate and potentially harmful to children. For example, some children display intrusive, aggressive, or coercive sexual behaviors.

There isn't one type of child who develops problematic sexual behavior (PSB). Both boys and girls can have PSB. While some of the children have been sexually abused, many have not. Most children who have been sexually abused do not have PSB. Research suggests that many factors can contribute to developing problematic sexual behavior, including:

- Family sexuality patterns
- Exposure to sexual material
- Exposure to family violence
- Physical abuse
- Other non-sexual behavior problems

## What are Problematic Sexual Behaviors?

Problematic Sexual Behaviors are **child initiated** behaviors which are sexual in nature, developmentally inappropriate, and potentially harmful to the child or others.

These behaviors may include:

- behaviors in which a child causes self-harm through sexual touches
- inappropriate sexual interactions with other children
- repeatedly exposing themselves to others
- excessive masturbation
- failure to recognize socially acceptable physical boundaries
- preoccupation with pornography and other sexualized content
- generation and/or dissemination of sexualized images of self or others



### Can you help my child?

**Many children with problematic sexual behavior can be helped with outpatient treatment.**

**They can live at home and attend school and other activities without jeopardizing the safety of other children. Most of these children do not continue to have sexual behavior problems into adolescence and adulthood.**



“One of the most stressful situations a parent or caregiver can face is finding out that their child has acted out in a sexual way.” **You are not alone.**



## Family or Group Treatment

If accepted into the program, children will learn:

- Rules about sexual behavior
- Privacy and boundary rules
- Coping skills and impulse control skills
- Social skills
- Empathy and impact of behavior on others



Caregivers **must actively** participate in this program. They learn:

- To distinguish normal from problematic sexual behaviors in children
- Appropriate responses to children’s sexual behaviors
- Ways to prevent problematic sexual behavior
- Effective responses to other behavioral problems

## Referral and Contact Information

We are accepting referrals from a variety of community partners, including, but not limited to: child protective services, daycares, law enforcement, schools, community providers, and families themselves.

Please complete the PSB-CBT Referral Form located on our website at [www.cacofaiken.org/client-referral-forms/](http://www.cacofaiken.org/client-referral-forms/) or scan the QR code.



Please call the Child Advocacy Center of Aiken County with any questions or to speak with a staff member about additional options for your child by calling **(803) 644-5100**. Office hours are Monday through Friday, 8:30 a.m. to 5:00 p.m.

Learn more by visiting our website at [www.cacofaiken.org/psb](http://www.cacofaiken.org/psb)

## The Model

- Offered to school-age children (ages 7-12, approximately) and tailored to fit their needs
- Includes approximately 18-26, 60-90 minute weekly sessions
- Offered at **no cost** to families
- Transportation assistance available at no cost to families
- Short-term outpatient community based program
- Services provided by licensed mental health clinicians
- Graduation from the program is based on the child and caregiver’s progress in improved behavior and skills.

