



EMERGE

CENTER FOR PEDIATRIC
FAMILY DEVELOPMENT

The Effects of Mental Health Clinician Characteristics and Education on Willingness to Treat Child Problematic Sexual Behavior

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CHILDREN'S JUSTICE CONFERENCE 2026 PRESENTATION

Agenda



1. Welcome & objectives



2. Background and history



3. Research study details



4. Results



5. Next steps



6. Q&A

Background & History

MY JOURNEY TREATING PSB IN SPOKANE

Clinical Experience

- Based in Spokane, WA — serving children and families through the Emerge Center for Pediatric Family Development
- Specialized in treating children ages 12 and younger who exhibit problematic sexual behavior (PSB). CBT for PSB
- Witnessed firsthand the significant gaps in access to timely and effective PSB treatment for children in the Spokane region
- Experience shaped by working directly with families navigating the challenges of finding qualified clinicians willing to treat child PSB

What Drove This Research

- Recognized a critical shortage of clinicians trained and willing to address PSB in children across the Inland Northwest
- Observed that many clinicians either refused to treat children with PSB or referred them out without an alternative provider
- Motivated to investigate the clinician-level factors — characteristics, comfort, and education — that contribute to this treatment gap
- Founded the Emerge Center to fill this gap and provide specialized, evidence-based treatment for children and families

Problematic Sexual Behavior (PSB) in Children



PSB Definition: Behaviors involving sexual body parts (i.e., genitals, anus, buttocks, or breasts) that are developmentally inappropriate or potentially harmful to themselves or others (Chaffin et al., 2008).



In the United States most child sexual abuse (CSA) is initiated by other children rather than adult pedophiles (Heiden-Rootes et al., 2017; Malvaso et al., 2019; McKibbin 2017; Shields et al., 2018; Shields et al., 2020; Short et al., 2016; Taylor et al., 2020; & Tener et al., 2019).



Although children exhibiting PSB causes the majority of CSA this issue has the least number of resources, funding, research or even acknowledgement by the public, professional and academic communities at large when compared to CSA perpetrated by adults.



This may be due to individuals personal and societal tendencies to shy away from issues that produce discomfort or unease (Heiden-Rootes et al., 2017).



Due to PSB's lack of public acknowledgement and funding children and their supports report an inability to access timely and effective treatment intervention for PSB (Belluardo-Crosby, 2011; Jenkins et al., 2020; Malvaso et al., 2019; McKibbin, 2017; Shields et al., 2020; Shields et al., 2018; Taylor et al., 2020; & Tener et al., 2019).

Mental Health Clinicians Willingness to Treat Sexual Issues

- Mental health clinicians either refer clients with PSB out or refuse to treat them without providing an alternate referral in adolescent and adult populations (Heiden-Rootes et al., 2017; Malvaso et al., 2019; McKibbin 2017; Shields et al., 2018; Shields et al., 2020; Short et al., 2016; Taylor et al., 2020; & Tener et al., 2019).

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- Previous research has indicated the following factors may impact mental health clinicians' willingness to treat PSB in adolescent and adult populations (Heiden-Rootes et al., 2017; Miller, & Byers, 2008, 2010, 2012):



Differentiation of Self (DoS)



Sexual Intervention Self-Efficacy (SISE)




Sexual Comfort





Sexuality Specific Education and Training


CONTRIBUTING FACTORS

The Gap

 The academic literature has not addressed the significant issues faced by children attempting to gain effective treatment for PSB (McKibbin, 2017; & Malvaso et al., 2019).

 Although literature identifies that clinicians lack willingness to treat sexual concerns in adolescents and adults, previous studies have not investigated this issue for children (ages 12 and younger), which is considered a specialized client population when PSB is concerned (Belluardo-Crosby, 2011; Jenkins et al., 2020; Shields et al., 2020; & Short et al., 2016).

 **Importance:** Treatment of PSB in childhood shows that if children get early and effective intervention the PSB will go into full remission long-term, reducing the number of adolescents and adults who would have a need to address these concerns later in life once they have become more ingrained behaviors (Belluardo-Crosby, 2011; Jenkins et al., 2020; Malvaso et al., 2019; McKibbin, 2017; Shields et al., 2020; Shields et al., 2018; Taylor et al., 2020; & Tener et al., 2019).

 A better understanding of mental health clinicians' characteristics and education related to treatment willingness of PSB in children would allow for better support of these clinicians likely increasing child access to effective and timely treatment for PSB.



Problem Statement

RESEARCH PROBLEM

Children who exhibit PSB and their families are unable to access timely and effective treatment to address their PSB symptoms. Mental Health Clinicians are not willing to effectively treat children ages 12 and younger who present to treatment to address issues of PSB.

CURRENT LITERATURE



Mental Health Clinicians have low rates of willingness to work with any adult or adolescent with sexual concerns.



Mental Health Clinicians either refuse to work with these clients or refer them out to other providers.



When investigating factors that contribute to clinician willingness to treat these issues in non child populations individual clinician characteristics and lack of education and training were identified as common factors.

Conceptual Framework



Bowen's Family Systems Theory (BFST) and Differentiation of Self (DoS)

- > BFST (Kerr & Bowen, 1988) provides a foundation for how individuals in relationships navigate complex emotionally charged situations such as discussing and treating PSB
- > The construct of DoS (Heiden-Rootes et al., 2017) stemming from BFST, posits that individuals have a level of DoS which allows them stay either more or less emotionally regulated in the face of emotionally charged content such as during PSB treatment.
- > Looking at both BFST and DoS it is possible to analyze how Individual characteristics such as independence and self-regulation in the context of a relationship, such as the one occurring in counseling, may contribute to clinicians being willing and able to provide effective PSB treatment.



Self-Efficacy and Sexual Intervention Self-Efficacy

- > Bandura (1997) found that there is a causal relationship between self-efficacy and a willingness to engage in and persist at tasks.
- > Evidence suggests increasing a clinicians' self-efficacy in a specialized skill such as PSB treatment may increase their interest, and willingness to use that skill set (Heppner et al., 1996; & Miller, & Byers, 2012).

Variables



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|| PREDICTOR VARIABLES

Differentiation of Self (DoS)

Degree to which an individual can balance emotional with intellectual functioning and closeness with independence in relationships with others (Bowen, 1978)

Sexual Intervention Self-Efficacy (SISE)

Extent of the belief that a mental health clinician has that they are capable of performing the specific tasks of: Sex Therapy Skills, Relaying Sexual Information, Exhibiting Comfort with Sexual Topics, and Exhibiting Personal Bias with Sexuality based topics (Miller & Byers, 2008).

Sexual Comfort

A developmental task that is influenced by physiological, psychological, sociological, religious and spiritual, educational and sexual parts of the self (Graham and Smith, 1984)

Sexuality Specific Education and Training

How many sexuality specific education courses and post graduate trainings the participant has attended.



@ OUTCOME VARIABLE

Willingness to Treat Child Problematic Sexual Behavior

A mental health clinician accepting new clients who identify as seeking services to specifically address sexual issues (sexual problems, sexual orientation, sexual dysfunction, or sexual relationship dynamics) as well as a mental health clinicians' willful engagement in the discussion of sexual issues during the course of treatment (Harris and Hayes, 2008)

RELATIONSHIP MODEL

DoS

SISE

Sexual Comfort

Education & Training

»» Willingness to Treat

Study Design

METHODOLOGY



Quantitative Non-Experimental Correlational Design Using Primary Survey Data

STUDY INTENT



Investigate the effects of Mental Health Clinician characteristics and education on mental health clinician willingness to treat PSB in children aged 12 and younger.



Differentiation of Self (DoS)



Sexual Intervention Self-Efficacy (SISE)



Sexual Comfort



Sexuality Specific Education & Training

PREDICTOR VARIABLES → OUTCOME: WILLINGNESS TO TREAT CHILD PSB



METHODOLOGY

Research Question

🎯 RQ1

What is the extent of the combined and unique relationships between mental health clinicians' **differentiation of self (DoS)**, **sexual intervention self-efficacy**, **sexual comfort**, and amount of **sexuality specific education and training**, and mental health clinicians willingness to provide treatment to children who exhibit PSB?

Participants / Sample Size



Primary Self-Report Survey Data

Quantitative data collected directly from practicing clinicians via structured survey instruments.



Population

Masters level mental health clinicians

n = 63



Inclusion Criteria

Actively practicing Masters level mental health clinicians, living in the United States and having 6 or more months of experience working with children.



Post-Hoc Power Analysis

G*Power with an alpha level of .05, an effect size (f^2) of .318 (large effect, Cohen 1988) and a sample size of 63, indicated a power of .95.

ALPHA

.05

EFFECT SIZE (F^2)

.318

SAMPLE SIZE

63

POWER

.95

STATISTICAL POWER

95%

0.95

0

Threshold: 0.80

1.0



Results

Multiple Linear Regression — Full Model

24.1%

VARIANCE EXPLAINED (R^2)

4.52

F-STATISTIC

.003

P-VALUE

Moderate

EFFECT SIZE

Model	R	R^2	Adjusted R^2	SE	F	df1	df2	p
1	.49	.24	.18	5.09	4.52	4	57	.003



NULL HYPOTHESIS REJECTED

The model was statistically significant, explaining 24.1% ($R^2=.24$) of the variance of the outcome variable and represents a **moderate effect size** based on Cohen's (1988) standards. $F(4, 57) = 4.52, p = .003$

Results — Second Model

- Second Multiple Linear Regression Model was Significant $F(2, 59) = 8.54, p < .001$
- Explaining **22.4%** ($R^2=.23$) variance in the outcome variable
- Represents a **moderate effect size** based on Cohen's (1988) conventions

22.4%

VARIANCE
EXPLAINED

p <

.001

SIGNIFICANCE

8.54

F-STATISTIC

MODEL SUMMARY

Model	R	R ²	Adj. R ²	SE	F	df1	df2	p
1	.47	.22	.20	5.06	8.54	2	59	.001



The refined two-predictor model retained significance while achieving comparable explanatory power to the full four-predictor model ($R^2=.22$ vs. $R^2=.24$), supporting a more parsimonious explanation of clinician willingness to treat child PSB.

Results – Coefficients

VARIABLE	B	SE B	BETA	T	P	95% CI LL	95% CI UL
(Constant)	-4.97	6.32	—	-0.79	.44	-17.63	7.68
SISE	0.15	0.10	.20	1.42	.16	-.06	.39
Sexual Comfort	0.22	0.09	.34	2.43	.02*	.04	.39

PARTIAL CORRELATIONS — VARIABLE CONTRIBUTION

1 Sexual Comfort

Significant positive moderate partial correlation

R **.28** P **.018**

2 SISE

Weak positive association; did not reach statistical significance

R **.16** P **.16**

✓ Sexual comfort ($\beta = .34$) was the only statistically significant unique predictor of willingness to treat child PSB ($p = .02$)



Results – Post-Hoc Demographic Comparisons

⚡ EXPOSURE TO CHILD PSB CASES — INDEPENDENT SAMPLES T-TEST

Statistically significant difference in willingness to treat scores between clinicians who **had been exposed** to child PSB in their practices and those who **had not**, $t(58) = 2.58$, $p = .012$ (two-tailed).

MEAN WILLINGNESS SCORE COMPARISON



2.58
T-VALUE

.012
P-VALUE

+3.77
MEAN DIFF

INDEPENDENT SAMPLES T-TEST RESULTS

Exposed to PSB Cases	n	M	SD	t	df	p	95% CI LL	95% CI UL
✓	38	17.50	5.44	2.58	58	.01	.84	6.70
✗	22	13.73	5.50				—	

Results – Sexual Trauma History and Willingness to Treat



No significant difference in willingness to treat child PSB scores for clinicians with trauma history

$t(61) = -0.62, p = .54$ **NOT SIG.**



No significant difference in willingness scores for clinicians with a close contact history

$t(61) = -0.36, p = .72$ **NOT SIG.**

TABLE 1 — PERSONAL TRAUMA HISTORY

TRAUMA HISTORY	N	M	SD	T	DF	P	95% CI LL	UL
Yes	33	15.78	5.17	-0.62	61	.54	-3.72	1.97
No	30	16.63	6.11					

TABLE 2 — FAMILY/FRIEND

CLOSE CONTACT	N	M	SD	T	DF	P	95% CI LL	UL
Yes	52	16.06	5.84	-0.36	61	.72	-4.42	3.08
No	11	16.73	4.52					



Key Takeaway: Neither personal sexual trauma history nor close contact trauma history significantly predicted clinician willingness to treat child PSB, suggesting treatment readiness is shaped by professional factors rather than lived experience.



Results – PSB History and Willingness to Treat

NOT SIG.

No significant difference in willingness scores for clinicians with a history of personal PSB $t(61) = 0.70, p = .49$



Table 1 — Personal PSB History

GROUP	N	M	SD	T	DF	P	95% CI LL	UL
Yes	7	17.57	5.71	0.70	61	.49	-2.94	6.08
No	56	16.00	5.62	—	—	—	—	—

⊗ $p = .49$ — difference not statistically significant

NOT SIG.

No significant difference in willingness scores for clinicians with a close contact with PSB history $t(61) = -1.04, p = .30$



Table 2 — Family/Friend PSB History

GROUP	N	M	SD	T	DF	P	95% CI LL	UL
Yes	20	15.10	6.52	-1.04	61	.30	-4.61	1.46
No	43	16.67	5.13	—	—	—	—	—

⊗ $p = .30$ — difference not statistically significant

How do Findings Relate to the Literature? Therapist Readiness & Emotional Regulation



Confirms Anderson's (1986) staged model: emotional readiness develops through exposure and reflection



Aligns with Harris & Hays (2008): therapeutic neutrality reflects emotional maturity and boundary clarity



Extends Bowen's Family Systems Theory: sexual comfort reflects applied differentiation, even if DoS was not statistically significant



How do Findings Relate to the Literature?

Multidimensional Nature of Sexual Comfort



BUILDING ON FOUNDATIONAL RESEARCH

Builds on Graham & Smith (1984): sexual comfort includes **cognitive**, **emotional**, **behavioral**, and **interpersonal** dimensions

Cognitive

Emotional

Behavioral

Interpersonal



CURRENT STUDY IMPLICATIONS

Suggests sexual comfort is an **active stance** rooted in self-awareness, emotional regulation, and clinical presence

How do Findings Relate to the Literature? — Experiential Learning



Reinforces Hanzlik & Gaubatz (2012): clinician preparedness shaped by **exposure and supervision**



Supports Miller & Byers (2012): **sexual comfort and intervention self-efficacy** predict willingness to treat sexual issues



Highlights **experiential learning** as more impactful than personal trauma history

How do Findings Relate to the Literature?

Lived Experience & Countertransference



Challenges Assumptions About Lived Experience

Personal trauma history did not predict willingness to treat, challenging the common assumption that clinicians' own experiences of trauma would either facilitate or hinder their engagement with child PSB cases.



Diverges from Chaffin et al. (2009)

Countertransference may warrant renewed attention in child PSB contexts. The findings suggest that the dynamics between clinician history and clinical engagement are more nuanced than previously understood in the literature.



High Prevalence of Trauma History May Subtly Influence Decision-Making

The high prevalence of trauma history among clinicians in the sample suggests that these experiences may subtly influence clinical decision-making in ways not captured by direct measurement, warranting further investigation.

CONNECTING RESULTS TO THEORY

How do Findings Relate to the Conceptual/Theoretical Framework?

Examining results through the lens of Bowen's Family Systems Theory and Self-Efficacy frameworks

Bowen's Family Systems Theory



Emphasizes **emotional regulation**, **boundary clarity**, and **self-awareness** in complex relational systems



Sexual comfort reflects **applied differentiation**: clinicians remain grounded despite discomfort or stigma



DoS (Differentiation of Self) did not predict willingness to treat statistically, but conceptually aligns with traits observed in engaged clinicians

Self-Efficacy & Sexual Intervention Self-Efficacy



Builds on Miller & Byers (2012): clinicians confidence in addressing sexual issues predicts treatment willingness



Sexual comfort may function as a proxy for intervention self-efficacy in child PSB contexts



Reinforces need for experiential learning and supervision to cultivate both emotional readiness and technical skill



SECTION V

Limitations of the Study

Acknowledging boundaries to strengthen future research



⚠️ Limitations of the Study

|| SAMPLE SIZE & STATISTICAL POWER

- N = 63 fell short of recommended 85; may affect model interpretation
- Skewed outcome variable (willingness to treat) challenges normality assumptions
- Low response rate excluded some demographic subgroups from analysis

SAMPLE ACHIEVED

63 / 85

74% of recommended

⚙️ MEASUREMENT & CONSTRUCT VALIDITY

- Overlap among sexuality-based predictors may obscure distinct effects
- Willingness to treat scale had only 4 items; possible ceiling effect and item redundancy
- No social desirability measures included — risk of response bias

4

SCALE ITEMS

0

DESIRABILITY
CONTROLS

PREDICTOR OVERLAP

Limitations of the Study (continued)



Recruitment & Representativeness

- 19-month recruitment yielded low engagement despite online format
- Sample predominantly female and Caucasian; limits demographic generalizability
- Extended timeframe may introduce temporal variability in responses

🕒 19 months of data collection with limited participation



Topic Sensitivity & Disclosure Bias

- Clinicians may overreport willingness due to professional norms or internal conflicts
- Sensitive nature of child sexuality and PSB may inhibit honest participation
- Lack of engagement may reflect broader discomfort with PSB-related content

⚠️ Social desirability bias may mask true willingness levels

Recommendations for Future Research

Measurement Refinement

- Develop comprehensive, validated scales for willingness to treat child PSB
- Use subscale analyses of DoS and SISE to uncover nuanced relationships
- Expand item count and specificity to improve construct validity

Sample Diversity & Size

- Recruit larger, more demographically diverse samples
- Explore differences across excluded response categories
- Enhance generalizability through broader geographic and professional representation

Recommendations for Future Research (continued)



Response Bias & Disclosure

- Incorporate social desirability scales and indirect questioning
 - Address clinician discomfort and professional norms influencing self-report
 - Strengthen validity by assessing subject matter avoidance
-



Training & Longitudinal Impact

- Investigate how supervision and experiential learning shape sexual comfort
 - Conduct longitudinal studies to assess sustained changes in engagement
 - Use qualitative methods to explore emotional and ethical dimensions
-

Behavioral Engagement as Outcome



SHIFT MEASUREMENT

Shift from attitudinal self-report to behavioral indicators of willingness



CLINICIAN CHARACTERISTICS

Examine clinician characteristics linked to actual treatment of child PSB



ECOLOGICAL VALIDITY

Use clinical engagement history as a more ecologically valid outcome

•



Clinician Training & Development



Clinician Training & Development

- Embed sexual comfort preparation into graduate curricula
- Facilitate exposure to child PSB during internships and practicum
- Use experiential learning to reduce avoidance and increase readiness



Supervision Practices

- Equip supervisors to assess and address clinician discomfort
- Foster trauma-informed conversations around PSB cases
- Reinforce ethical boundaries and emotional regulation

Agency & Systems



Agency-Level Strategies

- Promote early exposure to PSB cases through policy and practice
- Offer continuing education on child sexual development
- Support supervisors in cultivating clinician engagement



Systemic Impact

- Expand access to care for children with PSB
- Reduce treatment gaps and reliance on higher levels of care
- Strengthen family systems and enhance community safety



Trauma-Informed Care & CSA Prevention



CLINICIAN EMOTIONAL SAFETY

Center clinician emotional safety in CSA prevention frameworks



HEALING-CENTERED SYSTEMS

Advance healing-centered systems responsive to sexual trauma



REIMAGINED CARE PATHWAYS

Reimagine care pathways that integrate emotional attunement with evidence-based practice

| Conclusions



Foundational quantitative study investigating PSB treatment access barriers for children



Opens pathway for positive social change



Justification for future research:

- Child PSB rates and barriers to their access to care
- Prevalence of mental health clinicians not treating PSB during clinical interventions
- Factors that impact masters level clinicians willingness to treat child PSB

Key Takeaways

1

Clinician Preparedness Drives Change

- ✓ Sexual comfort and clinical exposure are key predictors of treatment willingness
- ✓ Emotional readiness enables clinicians to respond with competence, not avoidance



2

Children with PSB Are Present — But Underserved

- ⚠ Nearly half of clinicians encountering PSB do not address it in treatment
- ♥ Early intervention can reduce child-on-child sexual abuse and strengthen families



RESOURCES

Click the links below to access additional materials

1

National Center for the Sexual Behavior of Youth

<https://www.ncsby.org>

2

ATSA Report on Child Sexual Behavior Problems

https://depts.washington.edu/uwhatc/wp-content/uploads/2022/07/Report-of_ATSA.pdf

Thank You!

Questions & Discussion Welcome



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