
Foreword

Ten years ago, we began working with a bright, new author, Su Robinson. When we looked around, there were no other workbook resources for young women who had sexual behavior problems. At that time, *Growing Beyond* became the first of its kind workbook for adolescent girls with sexual behavior problems. The original set was a timely and important addition to the self-help resources for what was a small but growing and neglected population of girls who sexually abused others. At that time, it was a delight to write the foreword to this very important workbook manual.

Author, clinician, friend, and colleague, Su Robinson, has updated and revised both the *Growing Beyond* workbook for adolescent females, and this accompanying treatment manual. Today, *Growing Beyond* continues to be a unique workbook for young women with sexual behavior problems; and the revised version of this treatment manual is an excellent resource to assist you with using the *Growing Beyond* workbook.

From the first time I read Su Robinson's manuscripts, I knew this workbook and therapist's treatment manual had to be published. Now, ten years later after both have been updated and revised, I am delighted that NEARI Press has taken the opportunity to continue publishing these important resources.

I have worked in the field of treating persons with sexual behavior problems for thirty-four years. I have worked with men, women, boys, and girls in both inpatient and outpatient settings. During the past three and one half decades, little had been written about the special population of women and girls who sexually abuse. However, during the past ten years, continued research has advanced our knowledge and understanding of this population. During the 1980s and 1990s, most of the treatment techniques used with women and girls were trickle-down methods from the adult male sex offender treatment program models. In working with women and female adolescents, I was forced to finagle ways to adapt materials written for men to use with the women and adolescent females I was treating. They complained and I apologized. With resources such as *Growing Beyond*, that is no longer necessary today.

Su has taken the time to research changes in the larger field of working with adolescent females, and combined with her more than seventeen years of clinical work with over 100 female adolescent clients who have engaged in sexually abusive behaviors. Her updates and clinical experience make this set of workbook and clinician's manual as timely as it was the day the original set was first published.

Growing Beyond continues to fill an important and necessary niche in our field, and the workbook and manual fills that resource void. Evidenced-based treatments for female adolescents suggest that when working with adolescent female patients we should use gender specific programming and treatment methods. Su has cleared, documented, and addressed these issues in the revised versions of *Growing Beyond*.

It is my personal experience and belief that the workbook will help your patients learn about the behaviors they need to change and how to make those changes. As young women, these patients will learn that they are good people. They will learn that they are different from males, they are subjected to the pressures in

the various media that can negatively affect the way they think about themselves as young women, and that no matter what their behavior, they have positive qualities and personal strengths.

The *Growing Beyond* workbook is easy to read and understand. It is filled with gender- specific assignments and exercises designed to help patients explore their behaviors. It does not focus exclusively on sexually abusive behavior, but rather helps the patient look at a variety of life issues that are critical to the healthy development of adolescent females.

I know, through direct experience, that this workbook will help young women who have sexual behavior problems. The treatment manual serves as an excellent guide for clinicians and therapists to best utilize the *Growing Beyond* workbook. It is filled with explanations on how to use each chapter in the workbook and exercises to supplement the patient's assignments. The original experiential exercises Su Robinson developed, help engage the patients in understanding the materials they are learning about in each chapter.

I hope you will find the *Growing Beyond* workbook and this accompanying manual to be an asset to your program. I wish you the best of luck in your work.

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