Hoops and CSAI

Provide each client with his or her own hula hoop. Perhaps start with

Introduce the concept of thinking about the hula hoop as being your personal hoop - all of who you are, both good and bad. Introduce the concept of treatment as a process of working on your personal hoop; sorting through everything in your hoop, cleaning out the garbage in your hoop, and understanding why you committed your online sexual offense behavior.

Discuss with clients how we often don’t like to stay in our own hoops and that it is often easier to jump into another person’s hoop. Why?? There is usually emotional pain in our hoop - emotional garbage in our hoop and/or it is too much work to clean it up. It is always easier to help someone else clean up his or her hoop.

Use the hoops to assist clients in understanding the dynamics of how difficult it is to stay in your own hoop. Have each of the clients lay their hula hoop on the floor and stand in the hoop. Clinicians should also be standing in their own hoop as well.

Have a client present a problem. It can be real or imaginary. Then have other clients provide him some feedback on the problem. As soon as a client makes a “You-Statement” (you should do ….) have the client making the “You-Statement” jump into the hoop of the client with the problem.

Have the hoop owner talk about how it feels to have “company” in their hoop. The hoop owner will probably notice how crowded the hoop feels. Ask the hoop owner, “What do you feel like doing?” Sometimes the hoop owner wants to jump into the empty hoop and start making You-Statements about the person who just jumped into his hoop and is making You-Statements. Often the hoop owner may way to just leave both hoops - go away, disappear, not listen, and/or disengage. Lead a group discussion based on these dynamics and how “you should” feedback destroys connection.

Next, ask the clients to stand in their own hoops. Have several group members (3 or 4) start giving advice to another group member, making classic You-Statements. Have those 3 or 4 group members all jump into that person’s hoop. Process how this dynamic often happens in group when group members start “giving advice”, especially when the advice is not requested.

Ask clients all get back into their own hoops and try to providing feedback making “Hoop Statements”. These are typically I-Statements and can be very difficult to do, even for clinicians.

**“Food for Thought”**

Why do you think people might not want to stay in their own hoop?

Why is it easier to jump into someone else’s hoop?

What behaviors do you do when you want to leave your hoop?

What behaviors do you do when you jump into someone else’s hoop?

How do you feel when someone jumps into your hoop uninvited?

How well do you think you do at staying in your own hoop?

What could you do to stay in your own hoop and not wander around or jump into other’s hoop?

How does viewing child sexual abuse images violate the hoop of victims in the images?

How do you think the victims of CSAI feels when someone jumps into their hoop and abuses by looking at these images?

How do you think the victims feel by the actual sexual abuse that is occurring for these images to be created?

Would you want someone jumping into your hoop and violate the children you know, care about and love in your life?

Why do you think you jumped out of your own hoop to violate, so significantly, the boundaries of a child’s hoop?