- CBT tries to identify cognitive distortions in offenders, and help them find prosocial behavior.
- This seems effective in sexual offenders especially.

**Multifactorial Approach to Cognitive Distortions (Ward et al., 2006)**
- Suggest that many factors are involved when developing cognitive distortions and thereby a sexual offense. Examples: Deviant sexual preferences, Empathy deficits, Intimacy problems, Emotional dysregulation, Problems with action/impulse control, Existing distorted beliefs or values.

**IT - Implicit Theories**
- Set of beliefs held by offenders. These often develop in adolescence. New information develop in consistence with these.

**Ward and Keenan (1999)**
- Suggested 5 IT among sexual offenders against children:
  - Children as sexual objects
  - Nature of harm
  - Uncontrollability
  - Entitlement
  - Dangerous world

**Polaschek and Ward (2002)**
- 5 IT is to be held by rapists:
  - Women are unknowable
  - Women are sex objects
  - Male sex drive is uncontrollable
  - Entitlement
  - Dangerous world.

- In female sex-offenders (Gannon, 2010)
  - Victim as sexual being rather than children as sexual beings
  - Female abuse is not harmful
  - Uncontrollability (the offending behavior is outside the offender’s control)
  - Male entitlement
  - Men as dangerous

**Judgment Model of Cognitive Distortions (Ward et al., 2007)**
- Divided into three kinds of distortions: Belief-based judgments, value based judgements and action based judgements.
- Medical intervention includes surgical castrations and hormonal interventions. However, the ethics behind this is discussed.