

Stalking – understanding, assessment, and treatment

Stalking is a significant public health issue, with approximately 15% of adults being stalked during their lifetime. New Zealand has recently recognized the significant harms caused by stalking by passing a new law criminalizing stalking behaviour. Yet international research shows about half of those convicted of stalking continue to engage in the behavior despite protective orders and criminal penalties, meaning a law alone is unlikely to be enough to stop stalking. Stalking research has steadily increased in the last 25 years, resulting in significant improvements in the assessment of those who stalk. However, empirical studies on the management and treatment of this population are notably sparse in comparison, providing limited guidance for clinicians attempting to work with people who stalk to reduce this harmful behaviour.

This full-day workshop will provide attendees with an introduction to key concepts necessary for recognising, understanding, and formulating stalking behaviour. Attendees will receive information on additional areas of focus when assessing a client's stalking behaviour, and guidance on common drivers to consider, as well as an overview of current evidence-based approaches to risk assessment. The workshop will include discussion of general principles of stalking treatment and specific tips for risk management and treatment planning when working with individuals who stalk.

Course Learning Objectives:

- 1) Participants will be able to recognize stalking when it presents in their practice
- 2) Participants will be able to describe relevant considerations and approaches for evaluating risk in individuals who stalk.
- 3) Participants will be able to apply an explanatory model to aid formulation of stalking behaviour
- 4) Participants will be able to list the ten essential principles for the treatment of individuals who stalk.
- 5) Participants will learn how to address common challenges in treatment with this population.