

# CURE-SORT NEWS

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## GETTING TO KNOW RESISTANCE, GETTING TO KNOW YOUR PATIENT Part 2

Continued from Volume 31, Issue 3

By GERAL BLANCHARD, LPC, author and psychotherapist in Des Moines, IA.

This article has two intentions: 1) to define the clinical term resistance and 2) to determine when it is healthy and when it is unhealthy. This segment covers the second.

In *The Difficult Connection*, GERAL BLANCHARD provocatively contends: "There is no such thing as a resistant patient, only therapists who don't know how to connect." He suggests resistance can be an aid to understanding; the therapist's job is to translate the unwanted behavior into words that can be expressed in a safe environment. He recommends exploring resistance for the following factors:

- As a response arising from fear, feeling unsafe around the helping professional. Can they even safely acknowledge feeling unsafe, given the community or family they came from? Must they appear tough?
- It may be a signal that the change agent is moving way too fast. Ask.
- It shows up when the helper has failed to acknowledge the patient's positive attributes, like assertiveness, self-care, or self-compassion. Administer an online positive psychology "character strength inventory" discuss it, and draw upon those strengths.
- It often arises from being misunderstood, so take time for radical listening and clarification.
- It may be a natural reaction to being labeled as mentally ill, as an unfit parent, or as a criminal.
- **It can spring from distrust** of the helper's poorly communicated motives or goals. Build trust. Find common ground. Then solve problems.
- It can arise when there are financial consequences like lost wages for attending meetings or hearings, or in response to high counseling fees.
- Resistance can arise from being defined by the client's last, or worst, behavior, as if that is all they are about.
- The client may not feel accepted as an equal in the change process, in therapy, or in the legal system. Collaboration can be invited again and again to overcome resistance.
- It can arise in response to the helper's inflexibility or judgmentalness.

- Resistance is a common reaction to helpers who use coercion, bullying, or threats that are intended to elicit change. Lay down the sword.
- Resisting may be the only way the client can nonverbally say "Go to hell" to someone they believe is dissing them or taking control over their life. Share this handout with them and be open to discussing it.
- **Sometimes cooperation** is diminished when the helper is boring, cold, demanding, impersonal, or approaches the client in a mechanical one-size-fits-all way.

Reuben Fine, a psychoanalyst, once offered this insight, "Just as the rigid authoritarian parent virtually creates a rebellious attitude in the child, the technique-dominated analyst creates a great deal of resentment in the patient."

Jeffrey Kottler again: "Every client has a unique way of communicating and cooperating in therapy; it is our job to discover what that way is and make the best use of it."

Finally, if helpers are afraid of anger and conflict, they may be unable to connect with their clients. Angry people are secretly fearful people – fearful of being embarrassed, put-down, criticized, or losing control. Their rage can be seen as a maladaptive effort to return a semblance of control or homeostasis to a life that has been spinning out of control. A client's angry resistance and a helper's countertransference can best be understood as the desperate attempt of cornered individuals to assuage feelings of fearfulness and powerlessness. Healthy empowerment is the answer. <https://www.geralblanchard.com/getting-to-know-resistance-getting-to-know-your-patient>

### In this issue:

- Pg 1: **Getting to Know Resistance Part 2**
- Pg 2: **FAC Petition to Have Public Registry Deemed a Violation of UDHR**  
**Getting out of the Silo of Silence**
- Pg 3: **Just Detention International nominated for Nobel Prize**  
**Barment from military bases**
- Pg 4: **VA Justices declare civil commitment effort illegal, ending 5-year court battle**  
**W.A.R. Teamwork makes the DreamWork**

## **Florida Action Committee Petition Seeks to Have Public Registry Deemed a Violation of Universal Declaration of Human Rights to the United Nations**

Florida affiliate of National Association for Rational Sexual Offense Laws (NARSOL) wants the sex offender registry abolished. They have initiated a petition to the United Nations seeking to have the registry declared a human rights violation.

Boynton Beach, FL, Nov. 03, 2022 -- The Florida Action Committee, Inc. (FAC), a 2,500-member non-profit public safety organization wants the sex offender registry abolished. They have initiated a petition to the United Nations, seeking to have the registry declared a human rights violation.

Sex offender registries have existed in the United States for more than three decades. Practically every year, new legislation is passed to add more requirements and make the rules more restrictive. This has led to increased homelessness, increased joblessness, increased exposure to vigilantism and increased incarceration for trivial technical violations of a system that has become so burdensome it is impossible to follow.

Studies have shown that sex offender registries are ineffective at reducing new or repeat sexual offenses. (1) The only effect these registries have had is to stigmatize a population of people and their families, regardless of their offense, regardless of how long ago it was committed and regardless of how successful they have been in redeeming themselves from a past act and becoming a valuable member of their community.

FAC is seeking the UN investigate the registry scheme as a violation of international policies against cruel or degrading treatment or punishment. The petition can be found here: <https://www.change.org/p/public-sex-offender-registration-is-violation-of-universal-declaration-of-human-rights>

(1) Zgoba, K.M., Mitchell, M.M. The effectiveness of Sex Offender Registration and Notification: A meta-analysis of 25 years of findings. *J Exp Criminol* (2021)

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### **Members pass away**

We have learned of the passing of three of our members since the last issue.

We learned of the passing of Clarence Lee and Jesse Miller at the Rushville civil commitment facility at Rushville, IL.

Also passing in October was Gary Lee of East Lansing, MI. He is also mentioned in the Director's Desk.

Our thoughts to the family and close friends of these men.

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### **GETTING OUT OF THE SILO OF SILENCE**

*By Jim Prager, CURE-SORT Board Member*

During the past few months, I shared the story of my being an abuser at a well-attended conference put on by the Lucas County (OH) Human Trafficking Coalition. This conference had 1,400 attendees and about 60 listened to my breakout.

Feedback from those people strongly supports the need to share our stories. One person shared that I had given him or her a lot to think about. Excellent training, this was a WOW training since it came from a perpetrator.

The most impactful session I attended!

Takes a heck of a lot of courage and vulnerability to admit you're a convicted pedophile. He gave me a lot to consider and think about and I really appreciated this presentation.

When you read this, what or how do you feel? Does it encourage you to share your own story? It does take courage for us to share with others what we have done, but this opens up opportunities to change hearts and minds. It is an opportunity to humanize us and this may be one of the most effective ways to challenge the existing stereotypes which impact our lives.

Give some thought to what you can do to get out of the silo of silence!

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### **Prison Book Program**

The program will send a package of free books to any incarcerated person who writes to them.

They serve 45 states but unfortunately, are not allowed to serve Texas, California, Michigan, Nevada, or Illinois.

Requestors should include 3-4 categories of books they would like (history, science fiction, westerns, romance, gardening, etc. - we carry a little of everything, but it changes all the time, so we don't have a catalog.

Turnaround time is 45-60 days.

They have been sending free books to people in prison for 50 years. At the moment they are pretty caught up and are seeking more requests! Folks can write in up to 3x/year.

Kelly Brotzman, Managing Director

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### Just Detention International nominated for Nobel Prize

This is pretty amazing. JDI has been nominated for the Nobel Peace Prize!

"It goes without saying that this is an incredible honor. To be nominated for a Nobel Prize — and for the second year running — speaks volumes about the urgency of our mission, and the impact that we are having. Prisoner rape is a crisis, and for years, with your support, JDI has been on the front line in the fight to end it," said Linda McFarlane, executive director

"What this recognition really shows is that the work we do together is making a difference. You support our work to secure laws and policies that protect incarcerated people. You help us shift the culture inside prisons and jails that allows sexual abuse to flourish. And you make it possible for us to bring counseling, hotline support, and healing programs to people who are otherwise forgotten. The nomination is also a testament to prisoner rape survivors, whose courage in speaking out has brought this crisis out of the shadows.

"The winner of the Nobel Prize won't be announced until next October, and we'll be keeping our fingers crossed until then. But in the end, all that matters is that we keep winning victories in our fight to keep people safe. And with your help, we know we will."

### Barment from military bases

A military base is an installation, camp, post, station, yard, center, homeport facility for any ship, or other activity under the jurisdiction of the Department of Defense.

Some people cannot access military bases, to visit or work. The authority to bar access is pursuant to Section 1382 of Title 18.

If you or your sponsor applies for a base pass on your behalf and you are denied, this is called "barment". It can occur for any number of reasons. Anyone seeking a pass for the facility will be subject to a background check.

Typical reasons for denial of visitor access include anyone:

- Currently on probation or parole
- Registered as a sex offender
- With a history of gang affiliation
- With an extensive criminal history
- Currently on the terrorist watch list
- Currently having an active warrant
- Currently barred from any U.S. military base
- With a felony conviction for murder, assault, sex offenses, and other serious felonies

This is a rather lengthy list of disqualifications, making it very prohibitive to enter a military base.

There may be exceptions to this rule, where a military facility has designated areas that allow "public access",

such as a golf course or in case of military academies sports facilities.

It is incumbent upon the individual to check out each situation.

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<http://www.cure-sort.org/join--contribute.html>

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## **Justices declare effort targeting leading advocate illegal, ending 5-year court battle**

Galen Baughman was targeted by the Virginia Attorney General's (AG) office under the state's civil confinement scheme in 2009 when prosecutors filed a petition to send him to Virginia's shadow prison in Burkeville.

That initial petition went to trial in 2012 and a jury voted unanimously in his favor. In 2017, less than 24 hours before his release from a 20-month sentence for a technical violation, the AG's office petitioned a second time.

The VA Supreme Court's recently ruled against the 2017 petition because the testimony of a State approved expert in Mr. Baughman's favor, was prohibited contrary to "the plain language of the statute."

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### **Reminder of March 2023 Gathering**

Women Against the Registry (W.A.R.) special 3-day event from March 5 - 7 in Washington DC. Entitled "Teamwork makes the DreamWork," it seeks to bring all of us working against present sexual offense laws and policies together to meet each other, to learn, and to act. NARSOL board members David Garlock and Paul Shannon will be participating in the event.

For more information on this unique initiative, go to the event's website at

<https://ww1.womenagainstregistry.org/march2023>

To pre-register for the conference, go to [womenagainstregistry.org/ticket](https://womenagainstregistry.org/ticket) or call Women Against Registry (800-311-3764) and select #2

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### **From the Director's Desk**

By Wayne Bowers

The passing of any people involved in our work is a sad time. Learning of the death of a very good friend from my days in Michigan, Gary Lee of East Lansing, MI, and who, with his wife Pat, was a strong supporter and donor to CURE-SORT was a sad time for me recently. I met the Lees through their son, Dr. Michael Lee, now a university professor in the Minneapolis area, who was considerably involved with our production and at times developed a research project with some of our database as he worked toward his Masters Degree.

I was constantly invited to the Lee home for special holiday meals, and they got to know my Mom and enjoyed her company. With no family in that area and far from home, those invitations were always greatly appreciated and have become good memories.

It was my pleasure to attend a required therapy group of parolees recently in Chickasha, OK. There were two different groups held that afternoon, coordinated by one of the agencies in the state providing therapy for those with sex offenses. I talked some about the options to become an advocate with either an organization like us or the NARSOL affiliates in the state or other local support programs, but I also stated what I feel is the best way to advocate is on a personal basis with someone in a conversation that goes to issues they face.

The people have jobs and questions that we covered had to do with various aspects of fulfilling their obligations on the registry. I always am impressed with the diligence of people like this, and I think of counseling programs around the country, for knowing the importance of their efforts and how involved they are in getting their life in a better place.

We know the recidivism rates are low and people like those I met are good examples of how you go about moving on in your life to make it better and stay healthy. It would be good for the public to see this strong effort by people who are working so hard. We need to emphasize much harder that a person should never just be identified by a very serious time in their life but for the entire body of work of their life. Everyone falls down sometime and it is those who get up and rebound that make it.

#### **Available Resources from CURE-SORT**

We are pleased to offer the following resources. Donations accepted to cover cost of postage and printing. Mail donations to the CURE-SORT, address on Page 3.

**One Breath at A Time** by Ila Davis (\$17.50)  
Non-prisoner only due to facility restrictions

**Understanding Offending Behavior** by Stephen Price. (A collection of 9 of Stephens articles from previous newsletters) (\$ 4.00 for the set of 9 articles)

**When Someone on the Registry Moves into My Neighborhood** (Member Price \$5; Non-Member: \$10)

**SUPPORT GROUP:** Families & friends for those in civil confinement, contact Eldon Dillingham. Interested persons contact at 404 Walnut St., Wamego, KS 66547  
[eldoncdillingham@gmail.com](mailto:eldoncdillingham@gmail.com)

**No More Victims - One Man's Journey into Sexual Offending and Recovery.** By S. Sands (Ed G), \$15.95. (Includes postage). Send requests to CURE-SORT or email to [egunder@mysecuremailcv67.com](mailto:egunder@mysecuremailcv67.com) or on amazon.com