

CHERYL A. KOSMERL, MSW, LCSW

SEX OFFENDER MANAGEMENT BOARD: FULL OPERATING LEVEL CLINICAL THERAPIST
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EDUCATION

Master of Social Work: At-Risk Youth, University of Denver	2004
Bachelor of Social Work: Child-Adolescent Mental Health, Metropolitan State University of Denver Phi Alpha National Social Work Honor Society	2003
Bachelor of Health Science: Human Services, State University of New York College at Brockport	1998

LICENSES AND MEMBERSHIPS

Sex Offender Management Board: Development Disability Specialty, State of Colorado	2013 – Present
Licensed Clinical Social Worker, State of Colorado, License # 892	2007 – Present
Sex Offender Management Board, Full Level Treatment Provider, State of Colorado	2007 – Present
Licensed School Social Worker, State of Colorado, License # 83195	2010 – Present
Sex Offender Management Board: Associate Level Treatment Provider, State of Colorado	2006

AREAS OF EXPERTISE

- Healthy Sexuality / Building Healthy Relationships
- Peer Pressure / Refusal Skills
- Conflict Resolution / Assertiveness Skills
- Laws Relevant to Juvenile Sexual Behaviors
- Sex Offense Specific Treatment
- Juveniles with Developmental / Intellectual Disabilities
- Relapse Prevention
- Boundaries Treatment
- Sympathy and Empathy
- Building Self Esteem
- Dating Violence
- Bystander Intervention

PROFESSIONAL EXPERIENCE

PRIVATE THERAPY PRACTICE: SEEDS OF CHANGE THERAPY, LLC March 2008 – Present
Extensive and successful history working with children, adolescents, and their families who have experienced abuse, neglect, trauma, and tragedy. Maintains contracts with various agencies and schools to provide individual, family, and group therapy, including but not limited to: social services, probation, diversion, district attorney's offices and the department of youth corrections. Provides private pay services. Specializes in working with children and adolescents with developmental delays and intellectual disabilities. Provides field placement supervision to graduate social work students.

Individual Therapy

Offense Specific Treatment: treatment to reduce the risk of further sexual offending and abusive behavior increasing juveniles ability to function as a healthy, prosocial member of the community (Duration: 1.5 – 2 years)
Sexting Classes: psychoeducational sessions designed for youth engaging in sexting and boundary crossing conduct. This time limited course is a low level intervention intended to build positive behaviors and stop all abuse through the exploration and education of relationships, empathy, and the law (Duration: 6 – 8 weeks)
Boundaries Treatment: psychoeducational intervention for youth demonstrating boundary crossing conduct who benefit from low level intervention to discontinue further abusive and maladaptive behaviors (Duration: 2 – 6 months)
EMDR Therapy: trauma therapy used to reduce the long-lasting effects of triggering memories for the purpose of developing more adaptive coping mechanisms
General Youth Therapy: utilizes a variety of therapeutic techniques to assist youth in becoming authentic and self-actualizing individual living to their highest potential

Group Therapy and Classes

Sexting Classes: psychoeducational class designed for youth engaging in sexting and boundary crossing conduct. This time limited course is a low level intervention intended to build positive behaviors and stop all abuse through the exploration and education of relationships, empathy, and the law (Duration: 6 – 8 weeks)

Boundaries Groups: group therapy for youth demonstrating boundary crossing conduct utilizing a low level intervention to discontinue further abusive and maladaptive behaviors (Duration: 2 – 6 months)

Offense Specific Treatment Groups: treatment targeting specific behaviors aiming to reduce risky and abusive behavior

Developmental Disability Offense Specific Group: group therapy targeting all abusive behaviors and aiming to reduce risky and abusive behaviors of youth with developmental / intellectual disabilities

Preventative Presentations

Adult Training: educate participants on the laws related to sexting and sexual behaviors, provide tools on how to talk about healthy vs. unhealthy relationships and sexual behaviors with youth as well as review internet safety and security.

Adolescent Training: focuses on the laws related to sexting, addressed the differences between healthy, unhealthy, and abusive relationships and the impact of those relationships on oneself and others. Also, tools for setting appropriate boundaries including how to be safe and secure on the internet. Teaches adolescents how to help one another bystander interventions.

Personalized Training: create for communities, schools, spiritual centers, and/or contractors to meet the individual needs of the community, group or organization.

Informed Supervisor Training

Specialized training for the on-going daily supervision of a juvenile by a qualifying adult promoting victim, community, and juvenile safety by intervening with the juvenile to manage risk factors. Participants include: parents, caregivers, advocates, mentors, relatives, spiritual leaders, teachers, work managers, coaches, and other natural supports to the juvenile who is alleged to have demonstrated illegal sexual behaviors. Trainings can be completed in person or via video conference.

Individual, Group, and / or Informed Supervision Contracts, May 2008 – Present

Arapahoe County Social Services

18th Judicial District – Arapahoe & Douglas County Diversion

18th Judicial District – Arapahoe & Douglas County Probation

1st Judicial District Probation – Jefferson & Gilpin County

Betty K Marler Youth Corrections

Jefferson County Human Services

Jefferson County District Attorney's Office

5th Judicial District Probation – Denver County

Department of Youth Corrections

CLINICIAN: SERENITY EDUCATION AND DAY TREATMENT

May 2008 – Nov 2013

Facilitated affective education groups for developmentally delayed children with co-morbid diagnosis and boundaries groups for clients who demonstrated problematic sexualized behaviors. Trained and implemented crisis management, de-escalation and behavioral modification techniques. Supervised clinicians for licensure and graduate school of social work interns.

CLINICIAN: SHILOH HOME

June 2005 – June 2008

Facilitated individual, family, group, and multi-family group offense specific therapy for adolescents who committed sexual offenses. Created comprehensive treatment plans specific to client's mental health DSM-IV-TR diagnosis, oversaw provisionally listed SOMB candidates, coordinated treatment approaches with multidisciplinary team members, and fulfilled case management responsibilities.

THERAPIST INTERN: PROGRESSIVE THERAPY SYSTEMS

Sept 2003 – June 2004

Co-facilitated offense-specific group therapy for adults and adolescents convicted of sexual offenses, created and incorporated sex education curriculum for adolescent groups, led anger management group therapy for previously incarcerated adults, composed offense-specific psycho / social / sexual behavioral assessments for clients, and worked closely with treatment team to establish appropriate intervention techniques benefiting client's progress.

CASE MANAGEMENT INTERN: THE SPOT

Aug 2002 – May 2003

Addressed the individual needs of urban adolescents in high-risk situations. Provided youth with need-specific resource referrals, co-facilitated weekly women's group, worked in one-on-one sessions with youth discussing their life issues and challenges, assisted participants in developing resumes and finding employment.

MENTAL HEALTH WORKER II: MOUNT SAINT VINCENT HOME

April 2000 – Aug 2002

Created individualized programs to meet the needs of emotionally disturbed children. Worked closely with therapists in planning and implementing behavior modification programs and treatment plans, co-facilitated group therapy, trained new staff members, and fulfilled Unit Manager responsibilities as needed.

YOUTH & FAMILY DEVELOPMENT SPECIALIST: HILLSIDE CHILDREN'S CENTER

Jan 1998 – Aug 1999

Facilitated programs and daily activities for emotionally disturbed children, assisted in development of individual treatment plans, recorded daily notes and weekly summaries detailing treatment progress, provided psychoeducational services to children and families to expedite discharge.

 MEDIA

Thomson, S., (Producer/Director) & Cruz, V. Dr. (Executive Producer) (2014) *Out of Bounds: When Sexual Behavior Issues Develop In Young People With Intellectual Disabilities*. United States: Sixth Street Productions

 LARGE PRESENTATIONS & TRAININGS

Kosmerl, C. (2016, June) *Assisting Today's Youth in Navigating the Complexities of the 21st Century*. Investing in Our Youth: Parents and Professionals, Western State University

Kosmerl, C. (2015, May) *Talking About Relationships*. Bell Middle School: 7th Grade.

Kosmerl, C. (2014, November). *Healthy Relationships and Dating Violence*. Golden High School: 11th Grade

Kosmerl, C., & Weiss, T. (2010, February). *The Therapeutic Tool Box: Creative & Innovative Tools to Utilize in Treatment with Juveniles who Sexually Act Out*. National Adolescent Perpetration Network.

Kosmerl, C., & Weiss, T. (2009, May). *The Therapeutic Tool Box: Creative & Innovative Tools to Utilize in Treatment with Juveniles Who Sexually Act Out*. Colorado Continuum Network.

 CONTINUING EDUCATION & CONFERENCES

SOMB Full Operating Treatment Provider Training Requirements

2003 – Present

Initially completed 100 hours of training 2003 - 2007:

65 hours of sex offense specific, 15 hours of victim issues, and 20 hours of treatment interventions with juveniles who have committed sexual offenses

1000 total hours of clinical experience specifically in the areas of sex offense specific treatment, face-to-face clinical contact co-therapy hours with juvenile who have committed sexual offenses

60 direct face-to-face clinical co-therapy contact hours with juveniles who have committed sexual offenses in, in the same room with a Full Operating Level treatment provider

Continued placement - required every 3 years:

40 hours of continuing education in order to maintain proficiency in the field of sex offense treatment and to remain current on any developments in the areas of assessment, treatment and monitoring

8 of the hours shall come from the area of victimology

10 hours of treatment interventions with juveniles who have committed sexual offenses

National Adolescent Perpetration Network Annual Conferences 2006 – 2011 & 2015

Reflections: Lessons Learned in 30 Years Working With Youth Who Have Sexually Offended, Denver, 2015

Effective Treatment and Management of Juveniles Who Have Sexually Offended, San Antonio, 2011

Balancing the Terrain, Denver, 2010

Setting the Record Straight: Dispelling the Myths About Juvenile Sexual Offending, Tampa, 2009

Rocking the Boat Without Sinking the Ship: Integrating the New into Existing Systems, Portland, 2008

Moderation the Unintended Effects of Intervention with Youth Who Have Sexually Offended, Albuquerque, 2007

Stopping Sexual Abuse At The Source, Atlanta, 2006

Through the Eyes of a Child EMDR with Children, Dr. Robert Tinker and Dr. Sandra Wilson 2011

EMDR Advanced Clinical Applications Workshop Step By Step: Making EMDR Treatment Effective & Developmentally Appropriate for Children & Adolescents, Ana M. Gomez 2010

EMDR Part I & II, EMDRIA-EMDR International Associations 2009

Primary, Secondary & Tertiary Prevention of Abusive and Sexual Behavior: Problems in Childhood and Adolescence, Gail Ryan, MA, Director: Kempe Perpetration Prevention Program; Kempe Center, Department of Pediatrics, University of Colorado 2008

The Problem of Juvenile Sexual Offending: Goal Oriented Prevention & Intervention

Outcome: Observable Evidence of Decrease Risk and Increased Health

Informed Supervision of Juveniles 'at risk' for Abusive Behaviors

Implications for Primary and Secondary Perpetration Prevention

Understanding & Responding to the Sexual Behavior of Children

Distinguishing Normal, Problematic & Abusive Behaviors

Developing Universal Goals to Promote Health & Prevent Perpetration of Abuse

Intervening to Prevent Reinforcement of Chronic Abusive Acting Out

Rationale, Responsibilities, and Goals of Adult Supervision

Therapeutic Caregiver's Role with Juveniles 'at-risk' for Abusive Behaviors: Rationale, Meeting Special Needs, Beyond the Role of Normal Parenting