

# A case study of a male sex offender with zoosexual interests and behaviours

D. T. Wilcox,<sup>1,\*</sup> C. M. Foss<sup>2</sup> & M. L. Donathy<sup>3</sup>

<sup>1</sup>Wilcox Psychological Associates, UK, and School of Psychology, University of Birmingham, UK,

<sup>2</sup>Provident Counseling, St Louis, Missouri, USA, and <sup>3</sup>Wilcox Psychological Associates, UK

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**Abstract** *This paper reviews assessment, treatment and supervision issues in relation to a high-risk, borderline functioning, male sex offender with zoosexual interests and behaviours. Mr Z was convicted of multiple sexual offences including rape, indecent assault and indecent exposure as well as actual and threatened bodily harm. He was convicted for two counts of attempted buggery of horses and he received a Probation Order to engage in group and individual work, as deemed appropriate. Significant treatment challenges emerged due to his cognitive/intellectual difficulties, coping problems (including anger management issues) and dissimulation. Further, continuing evidence of high-risk behaviours associated with his index offence as well as previously identified patterns of offending were reported. Ongoing concerns prompted a referral for a polygraph examination to gain additional information about Mr Z's offence history and to achieve a better understanding of his treatment needs. These findings are discussed and specific attention is focused on Mr Z's zoosexual behaviours.*

**Keywords** *Zoophilia; bestiality; zoosexuality; public protection; sex offender assessment and treatment; polygraph; learning difficulties*

## Introduction

### *General issues*

Mr Z is a high-risk offender with a varied history of sexually deviant and violent behaviour. While his most recent conviction was for carrying an offensive weapon, this paper focuses on his previous convictions in relation to sexual engagement with animals. The paper explores assessment and treatment work with Mr Z over a 3-year period to address his risk to the public. It also focuses on his specific sexual interest in animals and explores the difference between zoophilia and bestiality (Miletski, 2002).

Mr Z is a man of white European ethnicity and British nationality who was referred to the first author at pre-sentence stage for a psychological evaluation of the level of risk he posed, his amenability to treatment and the prognosis for successful change. At that time he was in his mid-40s and his sexual offending had begun some 25 years previously. Mr Z received a probation order with a condition to engage in relevant assessment and treatment work.

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\*Corresponding author: D. T. Wilcox, 9/10 Frederick Road, Edgbaston, Birmingham B15 1JD, UK. Tel: +44 121 454 8222. Fax: +44 121 454 2999. E-mail: daniel-wilcox@btconnect.com

During this period he provided fully informed consent to the first author for his work with the Probation Service to be developed into this paper.

Mr Z had convictions for seven sexual assaults, including two counts of rape that were portrayed in police reports as particularly “callous acts of sexual violence”. The other sexual offences included numerous indecent assaults and indecent exposure. Mr Z had also been convicted of non-sexual offences including actual bodily harm, threatening and abusive behaviour and breach of a probation order. Mr Z has spent approximately 5 years in custody. A high-risk of sexual recidivism was determined based on the Risk Matrix 2000 (Thornton, 2000). Further, through employment of the standard battery of tests utilised within the Home Office accredited sex offender treatment programme (West Midlands Probation Service, 2000; Beckett, Beech, Fisher & Fordham, 1994), Mr Z’s deviance level was determined to be high. Research has shown that levels of deviance in measures of cognitive, social, personality and psychosexual functioning are also a predictor of recidivism (Allam, 2000; Beech, 1997/98) and this information assists professionals in determining the amount of treatment an offender requires.

Mr Z’s most recent sexual offences occurred 6 years ago when he was convicted of two counts of attempted buggery of horses. He received a 3-year probation order with a condition to participate in a Community Sex Offender Groupwork Programme (West Midlands Probation, 2000). Mr Z engaged in the groupwork programme and also attended individual sessions. The groupwork programme emphasized the development of broad relapse prevention skills which included assisting offenders to understand, predict and control sexually abusive behaviours. The programme was designed to address a number of areas, including sexually deviant interests, socio/affective functioning, pro-offending cognitive distortions and self-management skills (Marshall, Anderson & Fernandez, 1999; West Midlands Probation, 2000). Therefore, although the index offence was examined carefully during the course of the groupwork programme, the key aim was one of public protection and therefore individual sessions were also employed to gain a better understanding of Mr Z’s wide-ranging deviant interests, including his attraction to animals. In respect of containing Mr Z’s offending behaviour, liaison occurred between treatment workers, probation officers, bail hostel staff and the local police. He was also reviewed regularly through the Multi-Agency Public Protection Arrangements (MAPPA) meetings where information about Mr Z was shared across a range of public agencies (Home Office, 2003) including police, probation, social services and primary care trusts to assist in monitoring and controlling his behaviour.

### *Zoosexual issues*

Considerably more is known about most human sexual aberrations and abusive acts than about sexual activities with animals. Indeed, for most individuals, even experienced sex offender professionals, such cases give rise to discomfort, feelings of incredulity and perhaps accompanying (and psychologically distancing) nervous laughter. However, there are indications of human sexual contact with animals dating back 40,000 years (Rosenberger, 1968). Further, and importantly, Abel (1999) noted that within criminal justice settings, individuals convicted of sexual offences involving animals were found to be the most deviant and indiscriminate of sex offenders (Abel, Becker, Cunningham-Rathner & Rouleau, 1987; Abel & Rouleau, 1990). Abel reported that these individuals demonstrated the greatest degree of “cross-over” among sexual offenders, e.g. having committed a sexual offence with one particular target group they reported other illegal sexual activities/interests extending beyond the index offence. Cross-over is identified when an individual moves from a specific pattern of offending into other areas: for example, from abuse within the family to abuse outside of the

family; from abuse of children to abuse of adults; from non-contact offences to contact offences; and when individuals demonstrate other sexual behaviours that are distinctly different from their index offence, including for example, fetish behaviours, sado-masochism or sexual activity with animals. Abel strongly advises that professionals should be mindful of the potential level of dangerousness in individuals convicted of zoophilic offences. None the less, such sexual activities with animals are not diagnosed specifically in either the *International Classification of Diseases*—10th edition (ICD-10) (WHO, 1992) or the *Diagnostic and Statistical Manual of Mental Disorders*—4th edition (DSM-IV) (APA, 2000), the two principal diagnostic manuals for mental disorders, because “zoophilia is virtually never a clinically significant problem by itself” (APA, 1987, p. 405). Rather, they are noted among “Other Disorders of Sexual Preference” and “Paraphilia Not Otherwise Specified” respectively. The ICD-10 refers to patterns of sexual preference and activity and includes a reference to sexual activity with animals. The DSM-IV refers to zoophilia (animals) among other paraphilic interests/activities.

Importantly, there is a body of clinical literature that employs a much more restrictive definition for the use of the terms zoophilia and zoophile. In this specific context, a zoophile is identified as an individual who has an almost exclusive sexual desire for (Master, 1966), emotional attachment to (Fox, 1994; Tanka, 1995) and love for animals (Stasya, 1996). Matthews (1994) asserted that zoophiles prefer animals as a “partner” with which they form a deep relationship and not just as a sexual outlet. In a review of this literature, including clinical accounts, Miletski (2002) suggests that zoophiles consistently report intense recurrent fantasies involving animals, choose sexual behaviours with animals (as opposed to human partners) and show a greater sexual arousal to animal images than to human images. Within this literature, bestiality relates to any sexual contact between humans and animals (Neufeldt & Guralnik, 1989) and bestialists are described as individuals who have had one or few sexual contacts with an animal for immediate gratification in the absence of a “normal” consenting sexual partner (Matthews, 1994). The present authors would assert that bestialist activities may occur for different reasons including naive or immature sexual exploratory behaviour or as a regressed non-preferential sexual outlet, but these motivations for sexual contacts with animals are of less consequence to either clinical or criminal justice settings than the issues surrounding sexual preference and deviance. A number of additional terms have also been used to describe people who engage in sexual contact with animals including zoosexuals and zoerasts (see Miletski, 2002) as well as the more broadly encompassing term for unnatural or abnormal sexual behaviour, sodomy.

More recently, researchers (Earls & Lalumière, 2002) have been investigating zoosexual behaviours in an increasingly systematic manner with a view to identifying a typology that can distinguish offender characteristics and motivations, even though the behavioural outcome remains the same, e.g. sexual involvement with an animal. In a similar way, Knight and Prentky (1990) proposed a typology for rapists and Wright, Burgess, Burgess, Laszlo, McCrary and Douglas (1996) for stalking behaviour. Relatedly, Abel (1999) distinguished between men who sexually abused boys and those who sexually abused girls, reporting that in general, men with convictions for sexual offences against boys demonstrate higher levels of deviance and are likely to be more sexually indiscriminate with concomitant cross-over interests reflective of greater general sexual risk. Indeed, Abel et al. (1987) and Heil, Ahlmeyer and Simons (2003) report research findings indicating that men who abuse boys do indeed have a greater range of cross-over into other areas of sexual offending. Thornton (2000) identified offences against boys as one of the four aggravating factors associated with increased risk in his development of the Risk Matrix 2000.

However, Abel noted that among sexual abusers who target boys some demonstrate exclusive or strong preferential interests in males. As such, their offences are not associated with indiscriminate offending patterns but rather of invariably targeting this group and no other. He proposed that this smaller group of male child abusers may, because of the nature of their offence, rather than their rationale for offending, be grouped with the larger group of male child sex offenders who are more indiscriminate, impulsive and deviant in their presentation.

The present authors would propose that Abel's rationale about abusers of male children may have application to abusers of animals and, as such, some types of zoosexuals may pose considerably less risk of cross-over into other areas of sexual deviance. Therefore, one cohort of this group may have considerable relevance to criminal justice and public protection matters while the other may be of clinical interest but not inherently pose much risk to society.

Within the field of sex offender work, zoophilia (Abel & Rouleau, 1990) has become the prevalent term for criminal sexual acts involving humans and animals, largely replacing the previously used term, bestiality. However, it is the view of the current authors that neither of these terms describe adequately the types and range of offending behaviours noted in Abel's research and generally identified within criminal justice settings. These latter zoosexual offenders seem more sexually indiscriminate and, as such, do not appear to have an exclusive interest in sexual activity with animals. Further, their behaviour does not appear to reflect simply circumstantial displacement of normal sexual interests for immediate gratification. In view of these considerations, the authors would assert that individuals convicted of zoosexual offences should be regarded as probably presenting higher risk levels than is implied in either the term zoophilic or bestialist.

Early exploration of this issue prompted Kinsey, Pomeroy and Martin (1948) to suggest that zoosexuality is largely "confined to farm boys" (cited in Miletski, 2001, p. 85). However, more recent research by Miletski (2002) revealed that only 27% of male participants ( $n = 81$ ) and 27% of female participants ( $n = 11$ ) in her study were raised on a farm (although Miletski acknowledged some limitations insofar as participants were questioned about growing up on a "farm" as opposed to a "rural area"). There has also been disagreement about the overall prevalence of zoophilia/bestiality. For example, Money (1986) and Earls and Lalumière (2002) asserted that true clinical zoophilia (or preferential bestiality) is likely to be quite rare. On the other hand, Kinsey et al. (1948) reported that approximately one in thirteen men engage in sexual contact with animals. Kinsey et al.'s (1948) research unfortunately provided little clarification as to whether this engagement was preferential (zoophilic) or in some way reflected a compensatory sexual outlet more associated with bestialists. However, Miletski (2001, p. 85) reported prevalence rates provided by Hunt (1974) wherein 4.9% of the men and 1.9% of the women in the study reported having engaged in bestiality. This contrasted with a study by Kinsey, Pomeroy, Martin and Gebhard (1953) involving 5,792 women, where they reported that approximately 5% of these women had engaged in some form of sexual contact with animals.

In practice, the present authors would posit that one of the key questions concerning individuals who engage in sexual activities with animals is whether these behaviours are associated with "sexual preference" or "sexual deviance". In Miletski's (2002) study, 76% of the men and 70% of the women self-reported that their sexual involvement with animals was primarily a sexual orientation as opposed to a sexual deviance. None the less, many professionals in the field of sex offender work do not distinguish between zoophilia and bestiality, preferring to "diagnose" on the basis of the offender's offending behaviour rather than properly considering his/her motivation for engaging sexually with animals.

The following analysis relates to the case of Mr Z, who was convicted of two counts of the attempted buggery of horses.

*Relevant personal history as reported by Mr Z*

Although cautious and defensive in reporting about his early life, Mr Z described a difficult childhood, noting that he spent most of his school years socially isolated and bullied. He also said that his father had been very critical of him from a young age. Mr Z stated that his relationship history was limited and he reported difficulties in developing any intimate reciprocal relationships. He perceived himself as having been the subject of ridicule and persecution throughout his life. He also acknowledged difficulties in securing and maintaining employment. Mr Z's primary frustrations and anger appear to have arisen from these early difficulties that continued into adulthood and gave rise to fantasizing about sexually aggressing as a means of "getting even".

*Clinical presentation at time of pre-sentence psychological assessment*

Mr Z was a heavily built man and there were indications of inadequate personal hygiene and attention to grooming details. Affectively, Mr Z was rather flat, although polite and cooperative in manner. Mr Z evidenced poor eye contact as well as low self-esteem and problems with reasoning and concentration problems. From the outset there were suggestions of intellectual difficulties and Mr Z was administered the Shipley Institute of Living Scale (Zachary, 1996) and the Coloured Progress Matrices (Raven, 1956) to obtain clarification about his cognitive abilities. Mr Z's vocabulary performance on the Shipley Institute of Living Scale was at the 25th percentile (25%) but his abstraction skills were below the 10th percentile (10%) in comparison with other people of his age. There was no evidence of any deterioration in cognitive abilities over time suggestive of advancing brain pathology. However, the disparity in Mr Z's vocabulary and abstraction capabilities, suggesting organic pathology of a static nature, should be taken into account in addition to the overall Borderline Intellectual Functioning abilities identified. Such individuals, based on verbal skills, may appear to have better reasoning abilities than is actually the case, as their vocabularies exceed their capacities for processing information and solving problems.

Langevin (1990) asserted that organic brain pathology has been associated with changes in sexual behaviour, particularly sexually deviant behaviours, as studies have revealed suggestions that the temporal lobes are linked with sexual behaviour (Blumer, 1970). He noted a higher prevalence among violent offenders as well as differences in types of sexual offences, for example noting greater deviance. Langevin (1990) suggested that in cases where individuals engage in multi-paraphilic, impulsive and disinhibited sexual behaviour, the likelihood of organic pathology is far greater. However, in the absence of any evidence of a degenerative organic process, a further referral for neurological or psychiatric consultancy was not deemed appropriate as assessment of these findings was within the purview of a clinical/forensic psychological evaluation.

Mr Z's overall abilities were at a level suggestive of borderline intellectual functioning (APA, 2000), although his vocabulary skills were within the normal (low average) range. Therefore, on the basis of his generally adequate verbal abilities it was judged that he might be best placed in a mainstream Community-Sex Offender Groupwork Programme (C-SOGP) when his probation period commenced. This was attempted, but owing to his problem solving-difficulties, together with his awkward social presentation, he was found to be unable to make sufficient progress in this mainstream group. Mr Z became marginalized and was often used as a "scapegoat" by other group attendees because of his unusual comments and manner. As a result, he was transferred to the intellectual disabilities group, which is designed to address the needs of people with mild learning disabilities and extended to include individuals with borderline intellectual functioning (Allam, Brown & Middleton, 1997;

Wilcox, 2004a,b). Because these individuals find it especially difficult to acquire new skills and competencies there is a need to use a wide range of techniques to reinforce learning. These include drama, art, role-play, relaxation and imaginative work, as well as various physically engaging activities. There is a particularly strong emphasis placed on using a multisensorial approach to treatment and a substantial reliance on homework to confirm that positive changes are occurring and being maintained (Wilcox, 2004c,d).

#### *Initial probation supervision and treatment observations*

Mr Z acknowledged a high sex drive, reporting that he masturbated twice per day on average. There were no indications of hallucinations or delusions noted, although he appeared to live much of his life vicariously through references to characters in movies, television, books, etc. seemingly to deal with relative inactivity and emptiness in his own life. Mr Z acknowledged that his last offence against a female adult involved alcohol consumption as a disinhibitor and he admitted that anger and loneliness were triggers to his offending. Furthermore, there was evidence of poor empathic abilities and Mr Z had important cognitive distortions about which he had little awareness. Importantly Mr Z appeared to be continuing to withhold information and he lacked insight into his behaviour.

Early on Mr Z disclosed sexually abusive fantasies about a young woman who was attending the same college class in which he was enrolled. The fantasies suggested quite advanced planning, as he reported thinking about following her towards a less-used building exit and assaulting her there. Further to these disclosures, Mr Z's probation officer was advised of these matters and it was agreed that Mr Z would cease attending this course. Individual and groupwork focused on helping him to accept that this was the best and most responsible action for him to take.

Other "risky" situations were identified within the therapeutic work undertaken. These included two incidents of sexual stalking, one disclosed in group concerning a stranger and another related to a member of staff at the hostel where he was residing. Denial hampered progress but eventually Mr Z disclosed that he had been following people and he said he would refrain from this. He was also observed on one occasion in a field where he was reported to have been masturbating while watching farm animals. He denied this, stating that he had stopped to urinate. However, he accepted that this had been a risky situation and agreed to avoid going there in the future. In view of Mr Z's continuing reluctance to be open about his offending behaviour, a sexual history disclosure polygraph examination (SHDE) was planned (Wilcox & Sosnowski, 2005; Wilcox, Sosnowski, Warberg & Beech, 2005) and Mr Z agreed to participate.

#### *Polygraph referral/findings*

The polygraph results gave further confirmation of the extent and seriousness of Mr Z's sexually deviant interests and involvements. Mr Z self-reported a wide-range of sexually abusive behaviours for which he had not been convicted. He estimated an additional 700 victims of indecent assault, 300 victims of frottage, 30–50 different people to whom he had indecently exposed as an adult, 50–80 individuals to whom he had indecently exposed as a child in school, a further 10 he masturbated in front of in school as a child, and two people to whom he made obscene telephone calls. He also admitted to 400 separate incidences of stalking as an adult and 20–30 separate occasions of public masturbation as an adult.

Unfortunately, the polygraph examination was terminated prematurely because Mr Z became both angry and distressed following previously undisclosed admissions to sexually abusive behaviour in childhood (as referenced above). While Mr Z did not "fail" the

examination, it was the polygraphist's opinion that due to early termination of the session, full offence disclosure may not have been achieved.

### *Continuing treatment and supervision*

Motivationally, Mr Z made gains within the intellectual disabilities group. His group attendance improved, and through this slower and more tailored approach a better contribution to the group work was achieved. Further, following the significant numbers of disclosures he made during polygraph testing, his level of openness within group increased. Although there was some need for reminders and encouragement, Mr Z showed improvements in other areas, including hygiene and appearance. His self-esteem also rose somewhat in the group as he was less likely to be targeted in this setting and this assisted him in gaining information needed to develop relapse prevention skills. However, he continued to have interpersonal difficulties at the hostel where he resided. These problems were raised in individual sessions and the first and second authors liaised directly with the hostel manager. Efforts also focused on helping him to acquire better coping abilities, including anxiety management skills, relaxation training and learning to reframe thoughts, which he reported was sometimes beneficial as a means of controlling anger.

Mr Z's participation in treatment resulted in some improvements in understanding, predicting and controlling deviant sexual urges. There were also indications that his order served to contain his offending behaviour through collaboration between therapists, probation officers and residential key workers such that offence cycles may have been averted and further offending interrupted. Following the expiration of Mr Z's probation order, he continued to engage voluntarily in therapeutic work, attending monthly sessions with the second author over a period of 17 months between August 2001 and December 2002. Mr Z's attendance was generally good. However, he missed two sessions during this period over which time there was a notable deterioration in his appearance and hygiene. Research findings (Hanson & Harris, 1999; Craig, Browne, Stringer & Beech, 2005) suggest that these issues are important risk factors. Mr Z was challenged about his appearance and he responded positively to suggestions to make improvements. Overall, Mr Z's non-compulsory involvement directly impacted on risk factors. He evidenced adequate responsiveness to voluntary supervision and continuing therapeutic assistance. He also achieved greater continuity and support in terms of lifestyle management and quality of life.

It is not known whether Mr Z re-offended during the period of his probation order or over the 4 years since. However, he has not been arrested or charged with any additional sexual offences since his conviction in 1993. None the less, in terms of public protection, there was an ongoing need to monitor Mr Z's activities and encourage his cooperation as he continued to pose a significant potential threat, particularly to women in the community. Furthermore, and, in view of his lack of openness and cooperation in respect of possible arousal to children, this area of potential risk was also monitored. Mr Z continued to communicate periodically with the manager of the probation hostel where he previously resided and attended monthly appointments with the first author at probation. Further, the local "beat" police officer was also part of this communication network. The various professionals involved provided diverse inputs to improve community safety through ongoing observation and assessment.

*Analysis of Mr Z's offence and zoosexual interests*

At the time of Mr Z's arrest for attempted buggery of horses, he denied the allegations. Further, this issue was a source of notable discomfort for him in group. He frequently referenced his conviction in vague terms such as "offences against livestock". Upon referral and for a significant period of therapeutic intervention, Mr Z wholly denied any interest in or arousal to sexual activity with animals. Further, after admission, he described the offences as "a one-off". Mr Z attributed these offences to being in a "very depressed state—very out of it" stating that this was the result of a relationship breakdown. Mr Z said that he had dated a woman for 5 months and the relationship ended when he disclosed his offending history to her. Mr Z also reported that she "put him down" because he was "unable to get an erection". During the individual sessions and further to discussions with his hostel key worker, Mr Z later acknowledged that this "relationship" was almost entirely fanciful as the young woman did not reciprocate his feelings and regarded him as an unwelcome stranger with whom she periodically came into contact. Mr Z subsequently reported that on the day of his offence he was experiencing a variety of feelings that would have placed him at a high risk of re-offending. These emotions included anger, depression, rejection, loneliness and sexual frustration.

Mr Z said that on the day of the offence he walked to a field where he saw three ponies grazing. He approached one Shetland pony and attempted penetration. He was unable to get an erection so he approached a second pony and unsuccessfully made a further attempt at penetration before leaving. Mr Z spontaneously reported that he was "an animal lover" and did not mean to harm the ponies. Mr Z also denied seeing or hearing anyone else in the field. However, a witness to the event called the police; within minutes they found Mr Z walking in the vicinity and he was taken into custody.

Mr Z claimed that he did not plan the offence beforehand but reported that when he saw the ponies, he decided to act out his sexual fantasies. However, he gave some indications of pre-planning when he noted that he had previously decided that it would be "physically impossible" for him to penetrate a fully grown horse and therefore he made the decision to attempt buggery with Shetland ponies. While this suggested a specific planning process, it may also reflect very impulsive behaviour. In any event, he had probably developed a motivation and intention to engage in this sexual behaviour and was prepared to act on opportunities that might arise (Finkelhor, 1986; Ward & Hudson, 2000). Mr Z also later admitted that he first became interested in sexual activities with animals while serving a prison sentence during which time he began masturbating to pictures of horses. Mr Z reported that part of his rationale was that it would be "safer" to try to satisfy his sexual needs with a horse, than "take out (his) sexual aggression on a woman". However, this explanation was not consistent with the apparent pattern of masturbating to thoughts and images of horses which he reported. It seemed rather to be an attempt to justify or minimize his deviant equine interests.

Mr Z's sexual preoccupation with animals became evident in other respects as well. He noted a strong affective reaction to the "chance" observation of sexual behaviour in animals stating, for example, "when you see two dogs rutting, it spooks you". Mr Z went on to say, "if someone sees you looking they might get the wrong idea and think you're a pervert". Although at times Mr Z attempted to conceal his deviant sexual thoughts, evidence of pathological preoccupation seemed present. He acknowledged possessing animal pornography and during clinical interview, Mr Z admitted that he was sexually aroused by the smell of leather and would frequently dress up in "cowboy clothes". Indeed, case documentation indicated that while in prison Mr Z also had photographs of horses pinned up on the walls of

his cell. Obviously, while some of these activities may not have an overt sexual component, the pattern suggested paraphilic interests involving animals.

Overall, Mr Z presented as a sexually disinhibited individual with a variety of deviant interests. It may be asserted that Mr Z's lack of appropriate sexual outlets, combined with inadequate social and intimacy skills (Marshall, Anderson & Fernandez, 1999), contributed to the development of sexual interest in animals. Nonetheless, there were indications that Mr Z had acquired a genuine and specific sexual attraction to horses, as exemplified by his self-reporting of occasional preferential masturbatory fantasies about horses.

Duffield, Hassiotis and Vizard (1998) reported on seven cases involving adolescents who had histories of sexual acts with animals. They noted evidence of a number of other paraphilias among these offenders as well as a higher prevalence of cognitive or intellectual impairment. They also reported significant evidence that these young people had themselves been sexually abused in the past. Owing to many recognized differences between the offending patterns of juvenile and adult offenders (Zimring, 2004), the authors would advise that Duffield et al.'s findings cannot be used to extrapolate directly to the adult literature but rather to inform discussion. While Mr Z denied ever being sexually harmed, he reported significant emotional abuse and other factors, e.g. additional paraphilic interests and cognitive impairment (borderline functioning) were identified, suggesting some further commonalities amongst offenders of this type investigated within forensic settings. As is common within forensic settings, these zoosexual offenders are referred to as zoophilics, although as with Mr Z, their patterns of offending do not conform to the clinical definition of this term, nor perhaps the definition of bestialist where in clinical settings this relates more to displaced and opportunistic offending than to paraphilic attraction.

The research by Duffield et al. (1998) also supported the conclusion that the young people had been involved in a planning process prior to abusing the animals. Many targeted certain animals and created the opportunity to offend just as they had done separately with human victims. Although originally Mr Z stated that his offence was not planned, he chose to visit a rural area near a train station. Mr Z claimed that he was walking near a field where ponies were grazing and rather impulsively decided to commit the offences. However, in subsequent interviews, Mr Z described a clearer planning process. Prior to the offence, he had fantasies of having sexual relations with a horse. He decided that it would be too difficult to penetrate a grown horse, so he fantasized about sexual acts with ponies. Further, he was later, during his order, identified standing near horses in a field and allegedly masturbating.

Miletski (2001) noted that while intervention programmes to address zoosexual interests and behaviours have included avoidance techniques (Krafft-Ebing, 1935), therapy and training (Cerrone, 1991), drugs and electric shock therapy (Miletski, 2001) and incarceration (Miletski, 2000), there are suggestions that many individuals who engage in this behaviour wish to be "accepted" as opposed to requiring treatment. Both group and individual sessions with Mr Z focused on treatment elements that Cerrone (1991) believed to be essential for addressing paraphilic interests in animals. These included social assertiveness training and sex education, both of which are integral parts of the Adapted Sex Offender Treatment Programme for Intellectually Disabled offenders.

Frequently, a family therapy element is also incorporated as part of Cerrone's (1991) Multi Component Approach. However, as Mr Z had no family, this aspect of treatment was modified, such that therapists, probation officers and hostel staff communicated with Mr Z and each other in a relatively coordinated and structured manner in the interests of increasing the level of understanding and control of his behaviour. Further, the group work therapeutic process provided additional support, although this would not be construed in any

way as equivalent to a family therapy treatment element. According to Cerrone (1991), the employment of these three features, family therapy, social assertiveness training and sex education, to the treatment of zoophilia has been proven effective.

In Mr Z's individual and group treatment sessions, other elements associated with successful behaviour control of zoophilic interests were employed (Maletkzy, 1990). In particular, Mr Z was given tuition about the use of stimulus control procedures (Tarrier et al., 1998) whereby he learned to recognize situations and feelings that might elicit a zoosexual response. Further, he was given instructions in identifying this behavioural response chain sufficiently early to determine alternative courses of action. Mr Z indicated that he achieved some success in employing this behavioural approach to managing his offending thoughts. Covert sensitization (Marshall et al., 1999) elements were also incorporated into the behavioural approach employed to improve his skills at identifying and stopping pro-offending thoughts.

## **Discussion**

It is asserted in the literature of sexual offending that people convicted of zoosexual behaviours have the highest cross-over rate for deviant sexual acts (Abel & Rouleau, 1990). Further, there is increasing evidence that assumptions should not be made that because of the nature of an individual's index sexual offence, there may be a lessened likelihood that other types of offences will occur (Heil, Ahlmeyer & Simons, 2003; Wilcox & Sosnowski, 2005). Indeed, although Mr Z's most recent sexual offence was against animals, the primary focus of his sexual fantasies, based on information gathered during individual sessions, continues to relate to sexual abuse against adult females. Therefore, with respect to Mr Z it is advisable that the current offence should be viewed as additional evidence of highly deviant sexualized thinking associated with a heightened risk of further sexual offending.

Mr Z appears to fit the profile of a situational, sexually obsessed and largely indiscriminate offender. This type of sexual offender seems likely to experiment with many kinds of sexual behaviour. It appears that sexual offending began in his early adolescence or earlier childhood, and during polygraph examination he reported a wide range of sexually deviant behaviours. There are suggestions that Mr Z's interest in zoosexual activities intensified in adulthood.

Employing the "pathways model" of relapse prevention developed by Ward and Hudson (2000), Mr Z would probably be best described as an approach-automatic offender whose behaviour can be characterized as impulsive, situational and under-regulated. There are indications that his offending behaviour is very entrenched and that he is always in cycle (Wolf, 1988), i.e. he is always waiting to offend and has a broad range of sexual interests, such that the presentation of offence opportunities is the key stimulus factor associated with risk of future offending, because he is characterologically drawn towards abuse opportunities. As such, while sexual fantasy is likely to play a secondary role as a precipitant to offending, it may at times give shape to the expression of a sexually abusive outlet. Of interest, Mr Z reported committing scores of offences including frottage (touching or rubbing against someone in a crowded area), and then masturbating to images and fantasies about the victims' reactions or physical features. At times, he would fantasize about women accepting him socially and sexually. Mr Z appeared to have difficulty discriminating between fantasy and reality. He fabricated stories about his interactions with women and when challenged in group became defensive. Indeed, the reference to a "girlfriend" he described seems likely to have been about someone in whom he became interested, likely through following, but with whom he never established a relationship.

While Mr Z denied any planning prior to his index offence, it was clear that his offence was not a spontaneous act, because he acknowledged having considered the difficulties associated with sexually penetrating a full-size horse, choosing instead to seek out a smaller equine. Further, in view of Mr Z's acknowledgement that indecent assaults, frottage and stalking have been his most common deviant outlets, going to a rural area would seem, on the face of it, to be quite inconsistent with his typical offending behaviour. Indeed, in the circumstances it seems implausible for this behaviour to have arisen by a happenstance but seems, rather, to be more understandable as a planned offence act. The allegations that he was witnessed masturbating in a field while looking at horses at a later date would also lead to an interpretation that he had planned being in the proximity of animals to which he had developed a sexual arousal. However, the fact that he developed a paraphilic attraction to horses does not negate his assertion that he attempted to substitute one kind of sexually abusive outlet (predominantly assaulting women) for another sexually abusive outlet (engaging with animals). Indeed, this behavioural offence pattern would remove him from high-concentration urban settings where his more prominent approach-automatic offence style for targeting women would most likely be triggered. Nonetheless, by his own admission, Mr Z's sexual fantasies concentrate greater attention on adult women and it appears that although he acknowledged fantasizing about horses, the main precipitating factors associated with his index offence were feelings of rejection, low self-esteem and lack of consensual adult relationships.

## **Conclusion**

The analysis of Mr Z's index offence would lead the authors to believe that Mr Z may have initially been better described as a bestialist, but his highly deviant and sexually obsessed character has given rise to a subsequent paraphilic attraction to horses. The authors would suggest that "labelling" Mr Z's zoosexual behaviour as bestiality or zoophilia has very limited value as many deviant sexual interests may be indicative of preferences that are non-exclusive, e.g. one of many. It is, however, of significant relevance that Mr Z be viewed as a very high-risk and high-deviance sexual offender. It is also important to recognize the probable dangerousness and criminal diversity of Mr Z (and similar offenders).

This brief literature review has been provided to inform discussion about relevant issues in the analysis of Mr Z's case. His ongoing deceptiveness very probably continues to conceal important aspects of his offence cycle and deviant arousal. Further, he has declined further supportive individual work for the last 3 years and is now monitored only by the police as a result of his high-risk status. Additionally, Mr Z's name is not included on the Sex Offenders Register (HMSO, 1997) because his conviction predates this Act. Mr Z is no longer subject to any official supervision process although, because of his acknowledged dangerousness, informal monitoring continues, principally through the involvement of the local constabulary.

While Mr Z has since been arrested for failing to notify the authorities of changes in residence and for carrying an offensive weapon, he has not been convicted of any further sexual offences since his conviction in 1993. It may be argued, therefore, that he has benefited from the extensive past inter-agency involvement with its emphasis on public protection. Further, it is important to recognize that the interventions employed have interrupted a pattern of serious criminal convictions and provide tentative support, despite ongoing concerns, that such cases can demonstrate treatment potential and produce observable gains.

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