

SEX OFFENDER TREATMENT

Client motivation may be an issue. If so, we recommend the sequential use of:
 MI stage-based resource #1
 MI stage-based resource #2

Core A: 130-session core resource provided to all residents. In general, the first 30 sessions may be viewed as a useful preparation for more intensive mental health treatment. The full resource is recommended.

Core B: this is provided all residents. Programming for special needs or mental health overlays may be scheduled at this time. The Core B resource is a 50-session loop, and residents may attend when not at special programming during these times.

If needs more intensive MI preparation use Core C1.

Core C2 (CBT resource) - addresses key elements in feelings and emotional intelligence - strongly suggested.

Core C3 (comprehensive CBT coping skills resource) - suggested

ODYS Core Sex Offender Curriculum - Phase 1

MI stage-based resource #3

Consider additional/supplemental resource options as appropriate:

- Surviving abuse and trauma (M11/W11)
- Healthy relationships and healthy boundaries (M2/W2)
- Avoiding your old family traps (M7/W7)
- Reasons to change (SD6) - includes issues of empathy and victim empathy
- Shame (F5g)
- Self-awareness (SA1, SA2) -Increases awareness of the pattern or cycle of thoughts, feelings, and behaviors that have led to relapse in the past.
- Coping skills set 2 (CS3) - environmental controls
- Coping skills, set 3 (CS4) - techniques for handling uncomfortable feelings and thoughts
- Coping skills, set 5 (CS6) - using effective interpersonal and lifestyle skills
- Reducing your risk (CS10) - Basic risk reduction workbook, addresses highest risk situations, warning signs, high risk feelings leading to relapse, and provides coping skills guidelines.

ODYS Core Sex Offender Curriculum - Phase 2

MI stage-based resource #4

COLOR KEY

SOCIAL WORKERS
YOUTH SPECIALISTS
SPECIALISTS - AS ASSIGNED
MENTAL HEALTH PROFESSIONALS
RECEPTION STAFF