

OpenDoor

Counseling and Assessment Services, PLLC

TREATMENT PLAN FOR SUCCESSFUL COMPLETION

Admits and accepts responsibility for ALL crimes

- _____ True consent
- _____ Sexual/Criminal History
- _____ "No Deception Shown" on Sexual /Criminal History Polygraph

Demonstrates an understanding of human sexual development and the difference between healthy and deviant sexual behavior, thoughts and fantasies

- _____ Human sexual development
- _____ Fantasy, Arousal, Masturbation

Demonstrates ability to control deviant sexual arousal (i.e. for children, violence, hypersexuality)

- _____ Abel Assessment
- _____ Fantasy, Arousal, Masturbation

Understands sexual offense and actively changes cognitive distortions and lifestyle supporting sexual offense

- _____ Thinking errors/cognitive distortions
- _____ True consent, coercion/compliance, cooperation
- _____ Grooming and set-up techniques
- _____ Pre-offense Pattern
- _____ Offense Cycle – with interventions
- _____ Preconditions (4) of offense

Demonstrates an increased understanding of victimization (Direct/indirect) (Short/long term)

- _____ Long/short term impact
- _____ Role Reversal
- _____ Questions victims ask
- _____ Clarification Letter

Demonstrates increase in pro-social behaviors by exploring individual issues

- _____ Utilize adjunct/recommended therapies (i.e., drug/alcohol treatment, anger management, marital therapy, etc)
- _____ Maintenance behaviors
- _____ Family of origin issues and modeling
- _____ Conflict resolution

- _____ Problem solving
- _____ Managing emotions
- _____ Anger management
- _____ Stress management
- _____ Crisis management

Develops interpersonal, social and communication skills to promote a healthy lifestyle

- _____ Passive/assertive/aggressive
- _____ Social/emotional/physical boundaries
- _____ Sexual Harassment

Develop social and relationships skills and improve ability to meet social and sexual needs through appropriate relationships

- _____ Healthy relationships
- _____ Chaperone

Demonstrates understanding of and commitment to recovery and remaining offense free

- _____ Relapse chain (SUDS/HRS, escape/avoid)
- _____ 40 Things to Lose List
- _____ Relapse Prevention Plan
- _____ Relapse Prevention Team Meeting

Demonstrates complete and total compliance with supervision or treatment requirements

- _____ “No Deception Shown” on yearly maintenance polygraph examinations
- _____ “No Deception Shown” on exit polygraph examination

Demonstrates integration and application of treatment objectives

- _____ Final Exam