

OpenDoor

Counseling and Assessment Services

TREATMENT PLAN

1. Acknowledge and accept personal responsibility for complete sexual assault history.
2. Improve understanding of human sexuality, including normal sexual development and functioning, reproduction and sexual health.
3. Develop an understanding of how sexual assault negatively impacts the victim (short and long term harm/risks) and develop empathy for own victim(s).
4. Develop social and relationships skills to improve ability to meet social sexual needs through appropriate relationships with age-mates.
5. Separate anger, power, and other motivational issues from sexual behavior. Improve anger management skills and remediate other motivations as needed.
6. Clarify sexual arousal patterns and utilize modification techniques as appropriate.
7. Clarify personal offense cycle, including thoughts, feelings, behaviors and situations.
8. Actively change the distorted thinking and lifestyle supports of the sexual offense.
9. Develop realistic, achievable intervention plans for each step in the sexual assault cycle. Demonstrate ability to intervene in the cycle.
10. Develop motivation and commitment to recovery and to remaining offense-free.
11. Inform significant others completely and honestly about offending problem and seek support in offense abstinence from appropriate sources.
12. Explore unresolved issues from the past; personal victimization, sexual or other, and work toward healing.
13. Explore, identify, appropriately express and effectively manage emotions.
14. Develop interpersonal, social, and communication skills to promote a healthy lifestyle.

INDIVIDUAL ISSUES: _____

Client

Parent (if minor)

Counselor

Date