

## **Treatment Model Definitions:**

The following alphabetical list of models and definitions for treating sex offenders was developed by the Safer Society Program as a guide to selecting a model that best defines the work you do.

### **Bio-Medical**

The primary emphasis is on the medical model, disease processes, with a major emphasis on treatment with medication.

### **Cognitive/Behavioral**

A comprehensive structured treatment approach based on sexual learning theory using cognitive restructuring methods and behavioral techniques. Behavioral methods are primarily directed at reducing arousal and increasing pro-social skills. Peer groups and educational classes are employed. Draws from a variety of counseling theories.

### **Family Systems**

The primary emphasis is on family therapy and the inclusion of family members in the treatment process. Draws from a variety of counseling theories.

### **Psychoanalytic**

The primary emphasis is on client understanding of the psychodynamics of sexual offending, usually through individual treatment sessions using psychoanalytic principles.

### **Psycho-Socio-Educational**

A structured program utilizing peer groups, educational classes, and social skill development. Does not use behavioral methods. Draws from a variety of counseling theories.

### **Psychotherapeutic (Sexual Trauma)**

The primary emphasis is on individual and/or group therapy sessions addressing the client's own history as a sexual abuse victim and its relationship to subsequent perpetuation of others. Draws from a variety of counseling theories.

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### **Relapse Prevention (RP)**

A three-dimensional, multimodal approach specifically designed to help clients maintain behavioral changes by anticipating and coping with the problem of relapse. Relapse Prevention:

- 1.) Teaches clients internal self-management skills
- 2.) Plans for an external supervisory component
- 3.) And provides a framework within which a variety of behavioral, cognitive, educational and skill training approaches are prescribed in order to teach the sexual offender how to recognize and interrupt the chain of events leading to relapse

The focus of both assessment and treatment procedures is on the specification and modification of the steps in this chain, from broad lifestyle factors and cognitive distortions to more circumscribed skill deficits and deviant sexual arousal patterns. The focus is on the relapse process itself.

### **Sexual Addiction**

A structured program using peer groups and an addiction model. Often includes 12-Step and Sexual Addiction groups.