



Forensic
Health
Services
Incorporated

Sex Offender Treatment Program
Assessment and Treatment Introduction

Date: January 29, 2014

Attention: Benjamin Laguer (W46280)

You have assigned to the following class/group:


- Successful Reintegration Class
- Motivation and Engagement Class
- Introduction to Pathways Class
- Primary Group _____
- Specialty Class: _____

On: Wednesday, March 12, 2014

Time: 10:00 a.m.

Location: Room 308 in the Education Building.

Failure to appear on the date above will be considered a refusal of treatment. If you fail to report to your assigned primary group or psycho-educational class for 3 consecutive sessions, you will be terminated from the program and will not be eligible to re-apply for 6 months. If you are unable to make this appointment, or electing to refuse participation in the Sex Offender Treatment program at this time, please write me a note.

Stephanie Adaramola, MA, LICSW - SOTP Coordinator, NCCI Gardner 

Motivation and Engagement – “ME!”
Devoted to looking at motivation and engagement in treatment
Class Syllabus

Class Time: Monday's @ 10:00 a.m.

Goals of the Class:

- Understanding of the Treatment Program Outline
- Reviewing What Stage of Change You Are In and Understanding How To Progress From There
- Understanding Some of the Elements that Affect Readiness for Change
- Developing a Road Map for Self-Change

Week 1: Review of the Treatment Program and Student Expectations
In Class: What's Your Theme Song?
Homework: Begin Reading Who Moved My Cheese?

Week 2: Readiness to Change
In Class: Discuss Stages of Change Model.
Homework: Motivational Quotes.
Continue reading Who Moved My Cheese?

Week 3: Readiness to Change, continued
Reading and Discussion of Who Moved My Cheese?
Which character best represents you currently?

Week 4: Emotions Associated with Change
What emotions arise when contemplating life change?
Obstacles as Opportunities: What obstacles do you foresee? How do you change your obstacles into opportunities?
Homework: Identify one obstacle to challenge this week. What opportunities arose for you as a result?

Week 5: Self Esteem
Shame vs. Guilt
Identifying Personal Strengths
Homework: Discuss what you like most about yourself. How can you use that to help you through the program?

Week 6: Value Systems
Past, Present, Future
How do your values define you? Affect your program goals?
Homework: Who Am I Wheel? What values are associated with each characteristic?
Final Project Assignment

Week 7: Program Goals
What would you change about yourself? Why?
Homework: Identify 7 challenging, but achievable, goals to strive for in treatment.

Week 8: Road Map for Change
How will you achieve the goals you identified last week?
What can you start immediately?
Homework: Plot out the road map for the changes identified in your week 7 homework.

Week 9: Support – Because you can't do this alone.
Importance of Support Systems

Homework: What does your support system look like.

Week 10 and 11: Final Project Presentations: Old Me – New Me Collages

Week 12: Wrap Up

Now that you're ready to go – where do we go from here?
Has your Theme Song changed?