Sex offender treatment requires examination of an individual’s most intimate and shamed sense of self that understandably comes with tremendous psychological barriers to change. In order for meaningful personal growth to take place these barriers must be successfully managed throughout treatment. Adapting societal, contextual and systemic factors related to the environment where change is expected to begin can foster a treatment culture based on collaboration, trust and empowerment. We will review the relevant literature on treatment readiness models and other variables related to change promotion. Practical, experiential strategies will be introduced to assess and intervene in a variety of different settings to empower both the individual’s treatment readiness and the system’s ability to promote change.

Learning Goals and Objectives:

- Participants will evaluate the strengths and weaknesses of three different models of change with sexual offenders in order to adopt the most relevant model for their sex offender treatment program.
- Participants will learn 10 individual, internal barriers that interfere with clients’ engagement in the change process.
- Participants will identify practical clinical interventions addressing clients’ internal barriers to change in order to improve treatment readiness.
- Participants will learn strategies for evaluating the environment and context of change currently in place in their treatment settings.
- Participants will develop systemic strategies for assessing and promoting readiness for change in their current treatment program.
- Participants will learn the role of therapeutic alliance, therapist style, motivational interviewing and other similar variables as they specifically relate to offender change.