Specialized program in criminalized sexual behaviors

20 WEEKS: 16 **GROUP** SESSIONS AND
4 **INDIVIDUAL** SESSIONS

VIDEOCONFERENCE

FRENCH/ENGLISH

Eligible clients:

– Must have engaged in problematic sexual behavior, with or without charges and must at least acknowledge the facts;

– Individuals with ASD or a mild intellectual disability, as well as those with a stabilized mental health condition, are also eligible (to be confirmed during the initial individual assessment).

Group sessions will guide participants in reflecting on and identifying the factors that influenced their acting out process. The topics discussed during the group sessions will also be explored in greater depth during individual sessions, allowing for personalized support for each participant. Throughout the process, participants will also be guided to develop and implement strategies to reduce the risk of reoffending. At the end of the program, participants will have the opportunity to continue their journey in psychotherapy based on their motivation and needs.

1- INTRODUCTION

- Introduce participants to one another;
- Present the group rules and therapeutic framework;
- Present the program objectives;
- Discuss individual expectations and motivation for treatment.

2- LIFE PATH

- Discuss experiences of adversity and individual life histories;
- Begin identifying predisposing factors associated with problematic sexual behaviours.

3- SEXUAL OFFENDING AND DISCLOSURE

- Discuss the history of offending behaviours and the different areas of life during that period;
- Begin identifying precipitating factors associated with problematic sexual behaviours.

4- NEEDS AND BELIEFS

- Explore individual factors that may have contributed to problematic sexual behaviours;
- Identify needs present during the period of offending;
- Explore connections between contributing factors, individual needs and offending behaviours;
- Discuss beliefs and perceptions held during the period of offending.

INDIVIDUAL SESSION

5- DISTORTED BELIEFS

- Define the concept of beliefs;
- Reflect on different beliefs that may influence sexuality;
- Increase awareness of distorted beliefs related to sexuality and sexual offending;
- Explore the connections between distorted beliefs and offending behaviours.

6- EMOTION REGULATION

- Identify different emotions and their associated physical sensations;
- Discuss effective and ineffective emotion regulation strategies.

7- NEEDS AND VALUES

- Identify personal values and needs;
- Explore participants' ability to assert themselves;
- Discuss effective and ineffective self-assertion strategies.

8- COMMUNICATION

- Explore the concept of communication;
- Introduce communication theory;
- Discuss effective and ineffective communication strategies.

INDIVIDUAL SESSION

9-SEXUAL CONSENT

- Define the concept of sexual consent;
- Discuss the criteria for valid sexual consent;
- Identify the factors that made consent invalid in the context of the sexual offence.

10- SELF-ESTEEM AND MASCULINITY

- Demystify the concept of masculinity;
- Discuss the impact of beliefs and expectations surrounding masculinity;
- Define self-esteem;
- Encourage participants to reflect on their own self-esteem.

11-SEXUAL HEALTH

- Define the concept of sexual health;
- Reflect on the key components of sexual health;
- Discuss sexual satisfaction and the different aspects of positive sexual health.

12- SEXUAL FANTASIES AND EROTIC IMAGINATION

- Define the concept of sexual fantasies;
- Discuss sexual scripts;
- Reflect on the potential impact of pornography.

INDIVIDUAL SESSION

13- CONSEQUENCES OF SEXUAL OFFENDING

- Increase awareness of the consequences of sexual abuse;
- Identify the impact of sexual offending on victims, oneself and others;
- Foster empathy.

14- ACTING OUT PROCESS

- Define the stages of the offending process;
- Identify individual risk factors;
- Discuss risk factors and the stages of the offending process;
- Begin reflecting on high-risk situations.

15- RELAPSE PREVENTION

- Define the concepts of lapses and relapses;
- Identify situations, thoughts and emotions that may increase the risk of lapses or relapses;
- Discuss more effective ways of managing these situations, thoughts and emotions.

16- LIFE JOURNEY: FROM OFFENDING TO THE PRESENT

- Reflect on the factors that contributed to offending behaviours;
- Discuss the current program and therapeutic process;
- Present the treatment program;
- Explore motivation for treatment and potential resistance.

INDIVIDUAL SESSION