



Continuing Excellence LLC

How to Optimize Successful Sex Offending Treatment with the Road to Freedom Program

Presenter: Jill S. Levenson, Ph.D., LCSW

Date of Recording: February 14, 2023

Length: 4 hours

I. 1 hour and 30 minutes

- Introduction: The Road to Freedom and recent updates
- Treatment goals
- Treatment participation
- Treatment experiences
- Trauma-Informed Care (TIC), Risk-Need-Responsivity (RNR) and other guiding principles, with focus on how they relate to the Road to Freedom

II. 1 hour and 15 minutes

- Individual versus group therapy
- The language of accountability
- Risk domains (not excuses)
- "The abuse excuse"
- Self-regulation strategies
- Empathy as a skill
- Healthy intimacy and sexuality
- Relationships and communication skills
- Relapse prevention re-defined

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III. 1 hour and 15 minutes

- Understanding worksheets and exercises in treatment
- Safety in treatment
- Reframing resistance
- Rape myths
- Modelling shared power and shared decision-making
- The principle of "Ask, don't tell"
- Key skills from Motivational Interviewing
- "A better life": TIC, treatment, and the Good Lives Model
- Questions and discussion

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