



Help for Adolescent Males with Sexual Behavior Problems: A Cognitive-Behavioral Treatment Program, Workbook (Treatments That Work)

John A. Hunter

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Juvenile male sexual offenders in residential settings may be mandated to participate in a treatment program to address their sexual behavior problems. This workbook is designed specifically for this population. The program outlined is based on the principles of cognitive-behavioral therapy and has proven effective in scientific studies. The treatment is holistic and addresses not only the criminal behavior, but developmental and behavioral issues. Over the course of several months, youths will meet with a group of their peers as they proceed through the three phases of treatment. In Phase I, youths will learn how to improve their social skills and control their sexual impulses. In Phase II, youths will learn effective anger management skills and about healthy sexuality. In Phase III, youths will learn about empathy and how to avoid relapse after treatment has ended. The workbook contains psychoeducational material, as well as all required forms and handouts. A corresponding Therapist Guide is available for clinicians and provides step-by-step instructions for facilitating treatment.

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