

# Foreword

The Sexuality Program has been part of Peel Behavioural Services for over 20 years, and, as Manager, I have watched my staff tirelessly modify and adapt intervention materials to suit the cognitive ability and learning styles of the many clients we have served. Treatment for people who engage in sexually inappropriate behavior often requires repetition and an exhaustive number of learning trials. Furthermore, what our clients learn in treatment will often require life-long attention in order to ensure everyone's safety. How can therapy serve their needs, all the while being responsive to their cognitive abilities and learning styles over a long period of time, without the clients and the staff becoming bored, complacent, or disengaged?

Ultimately, the staff of the Sexuality Program at Peel Behavioural Services decided that curricula were needed that would ensure engagement, be easy and practical enough for others to use, and, at the same time, reflect best practices in treatment. What can I say, except that in reviewing this workbook, it is obvious to me that they have indeed accomplished all three goals. Together, the staff have developed a "How To" workbook that addresses the ten focal areas of the Good Lives Model – a strength-based treatment approach that encourages participants to build balance and self-determination across all aspects of life. The exercises included in this workbook have been assembled in a comprehensive and coherent manner. Further, and perhaps most importantly, all of the exercises were used with our clients in treatment for over a year, and their feedback has been essential to crafting the final versions of the exercises in this book. As a consequence, the results demonstrate enormous creativity and sensitivity to the needs of the clients we serve.

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# Acknowledgement

We at Peel Behavioural Services have dedicated our professional lives to finding evidence-based methods that provide opportunities for our clients to achieve the greatest degree of lifestyle balance and self-determination possible. In spite of the myriad difficulties they face in achieving that goal, they have embraced the challenge to be the best they can be. In this compendium of Good Lives exercises, they were our partners in developing the materials and road-testing them through experience. We could not have produced this work without them. As such, we dedicate Passport to Independence to the many clients in our program who have helped us to better understand how to help them.

Book design by Mark Bergeron

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thank you

Writing a book can be a daunting task that is made all the more difficult when there are multiple authors. As a collective, we are truly indebted to the hard work of our editor, Amy Stamm, and designer, Mark Bergeron. It is through the efforts of these folks that projects like ours flow from ideas to words to finished product.