



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

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

Recorded on: February 14, 2023

Length: 4 hours

- 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
- 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
- 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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P.O. Box 340, Brandon, VT 05733