



## COURSE OVERVIEW

# Sex Offender

✓ Available in workbook

ITEM # W 123



## COURSE DESCRIPTION

This course challenges faulty thinking and self-defeating behaviors associated with sex offenses to help offenders overcome excuses and justifications for their behavior.

This sex offender course could be a stand-alone program for minor sex offenders. However, it was not intended to stand alone for serious sex offenders. For serious offenders, it could be used as an excellent cognitive component to traditional therapy. If sex offenders keep on thinking what they have been thinking, they will keep on doing what they have been doing and keep on getting what they have been getting. If sex offenders remain in denial, they cannot make progress.



## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Overcoming shame and denial
- Self-awareness
- Building and maintaining pro-social relationships
- Positive thinking skills
- Personal responsibility



## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction



## COURSE INFORMATION

Course Format: Printed Workbook  
Scientific Model: Cognitive Restructuring  
Author and Publisher: ACCI Lifeskills

Item Number: W 123  
Workbook Pages: 48  
Course Length: ~10 hours



## COURSE CONTENT

### UNIT 1: BEGINNINGS

To understand the present, we have to understand the past.

### UNIT 2: CONSEQUENCES

Every choice has a consequence.

### UNIT 3: RIGHT VS WRONG

We can tell right from wrong by the results.

### UNIT 4: GROWTH VS DECAY

Where we live is a choice.

### UNIT 5: PORNOGRAPHY

Can hijack your brain and addict you.

### UNIT 6: SEX ADDICTION

Sexual addiction is a descent into decay.

### UNIT 7: ANGER AVOIDANCE

Addicted people lack empathy for others.

### UNIT 8: SELF-DECEPTION

Self-deceived people communicate disdain.

### UNIT 9: RELATIONSHIPS

Anything broken can be repaired.

### UNIT 10: SUCCESS IN LIFE

Is determined by your thoughts.



## CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial comparisons
3. Antisocial personalities
4. Family relationships
5. Addictions



## LEARNING ACTIVITIES

Self-assessments | Role playing  
Knowledge check | Self-reflection  
Scenario-based learning | Focused journaling | Discussion with coach  
Application and skill building