

SECTION 3: ELEMENTS OF SEX OFFENDER-SPECIFIC TREATMENT

Learning Activity 3-3: How Supervision Officers Can Support Relapse Prevention

Relapse Prevention Strategy	Examples of How Supervision Officers Might Support this Strategy
Dispel misconceptions offenders may have about their re-offense risk	
Assess high risk situations	
Evaluate coping skills and strategies	
Design intervention plan to avoid first lapse and how to prevent a lapse from becoming a relapse	
Client self-monitoring	
Client autobiography	
Control stimuli that may promote relapse	
Promote lifestyle changes	
Identify prosocial methods to express power	
Understand nature of the relapse process	