



Adult Sexual Abuse Treatment Program Graduation Guidelines and Expectations

One Hope United provides treatment services for individuals who have committed sexual offenses, with treatment practices based on the standards established by the Illinois Sex Offender Management Board. You should be aware that these standards, for adults, have been legislated as state law effective January 1, 2004. This treatment program is also consistent with the national guidelines established by the Association for the Treatment of Sexual Abusers. The following document is designed to assist you in being aware of the expectations regarding treatment and for successful completion of treatment.

In order to “graduate” successfully from the adult sexual offender’s treatment program with a recommendation that you be released from probation, court supervision, or mandatory attendance, you should be able to do the following:

1. Have no sexual reoffenses.
2. Accept full and unconditional responsibility for all of your sexually offending behaviors which includes the following:
 - a. Taking responsibility for your part in all interactions.
 - b. Not attempting to minimize your actions or intent.
 - c. Not attempting to blame the victim either wholly or partially.
3. Describe in detail the sexual offense(s) you have committed.
4. Describe in detail your offending pattern, i.e., feelings, triggers, fantasies, planning, access and action sequence that led up to your committing an offense. Included in this description must be the following:
 - a. Describe in detail your method(s) of ensuring both victim cooperation and your method for keeping the victim “quiet”.
 - b. Describe why you chose your victim(s).
 - c. Describe what needs you think your behavior satisfied.
 - d. Describe what you have learned about your needs and the skills you have learned to prevent you from meeting those needs through another sexual offense.
5. Demonstrate genuine feelings of sadness, guilt and remorse for your victim(s) through statements and actions that indicate your understanding of the experience of the victim.
 - a. Demonstrate genuine empathy and concern for your victim(s) (i.e., demonstrate that you have done all you can do to insure that he/she has received treatment, realizes that this offense was not his/her fault and be able to talk about all the possible problems/issues that your offense has created for the victim.
6. If you have been a sexual abuse victim, describe your own history of abuse and describe the feelings that your own victimization created in you.
7. Have a record of active participation in treatment.
8. Have a record of successfully completing homework and treatment assignments.
9. List alternative strategies for coping with and dealing with your “triggers” which previously led to sexually offending. You must also be able to provide several examples of actual use and consistency of use of this relapse prevention plan.
10. Be able to identify “thinking errors”. Have a record of displaying few “thinking errors”, have a record of recognizing when a “thinking error” is present, and of being able to correct “thinking errors” when they occur.



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11. Demonstrate an understanding of appropriate and consenting sex and healthy intimacy as evidenced by written work and discussion.
12. Have made some restitution to the community, (i.e., participated in the creation of training tapes, interviews, groups observed by outside trainees learning to be sex offender therapists). Other indications of restitution might include the completion of a clarification scrapbook, additional disclosures of past offenses that you have not been prosecuted for, reporting crimes which you are aware of to authority figures who “need to know”, (i.e. , staff, probation officers, police), writing articles for inclusion in news letters and other publications, participating in training conferences, providing information about the prevention of sexual abuse to rape crisis centers, make monetary donations to agencies that provide treatment to child abuse victims.
13. Have been responsible in paying those fees incurred for services received from One Hope United (*A \$55 fee will be charged for failed group appointments and appointments canceled with less than 24 hour notice*). **Release from probation and/or recognition of successful treatment completion will not be made if you have a fee balance.**
14. Have a successful history of participation in required polygraphs as mandated by the Illinois Sex Offender Management Board’s legislated standards.

Please note: Average expected length of treatment is 18 to 24 months and includes primarily group treatment with individual and family treatment as recommended by your psychosexual evaluation or made on a case-by-case basis by OHU therapists. Treatment length is also dependent on consistent attendance. Also, it is our policy for adult clients that we do not recommend any unsupervised contact with children under any circumstances, including your own children. For adolescent clients, these restrictions are made on a case-by-case basis.

Attendance: Attendance is reported to parole and probation officers on a weekly basis. Failed appointments are reported immediately to parole and probation.

I have read and understand the sex offender treatment “graduation” guidelines and expectations and consent to the provisions outlined by One Hope United. In addition, I agree to the following individual treatment goals.

Goal #1: **HAVE ABSOLUTELY NO FURTHER SEXUAL OFFENSES.**

Objective A: Develop a relapse prevention plan.

Objective B: Establish an accountability network (friends, spouse, etc.) to assist you in objective A.

Objective C: Develop an understanding of your offense preconditions.



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Goal #2: DEMONSTRATE A COMMITMENT TO TREATMENT PROCESS.

Objective A: Maintain a consistent pattern of attendance.

Objective B: Complete workbook and other assignments in a timely manner.

Objective C: Complete any required polygraphs

Client

Date

Witness/Therapist

Date