RELAPSE PREVENTION

MARIA T. MOLETT, M.A., LPCS, LSOTPS
March 4, 2013
CSOT CONFERENCE
Austin, Texas

WHAT IS RELAPSE PREVENTION?
• IT IS A TREATMENT TOOL THAT ADDRESSES THE OFFENSE CYCLE AND PROVIDES THE CLIENT THE OPPORTUNITY TO STOP THEIR CYCLE AT ANY POINT TO AVOID REOFFENDING.
• IT IS A SELF-CONTROL TOOL THAT TEACHES THE CLIENT HOW TO ANTICIPATE THEIR BEHAVIOR AND DISPUTE BOTH BEHAVIOR AND FEELINGS

• IT IS PSYCHOEDUCATIONAL AND COMBINES BEHAVIORAL SKILL-TRAINING PROCEDURES WITH COGNITIVE INTERVENTION TECHNIQUES.
• IT IS THE END PRODUCT OF ALL OF THEIR TREATMENT, LIKE A DISSERTATION.
• IT IS A TOOL FOR THEIR SUPPORT SYSTEM
• IT IS PART OF THE STANDARDS OF PRACTICE AS TO WHAT IS REQUIRED IN TREATMENT
CURRENT OFFENSE CYCLE
RELAPSE PREVENTION

- VULNERABILITY
- CLIENT IDENTIFIES THEIR VULNERABILITIES, ISSUES STEMING FROM CHILDHOOD TRAUMA
- CLIENT MUST COME UP WITH THREE SITUATIONS THAT COULD CAUSE HIM TO GO INTO AN OFFENSE CYCLE AFTER THEY HAVE SUCCESSFULLY COMPLETED TREATMENT.

VULNERABILITY

- THE ISSUES THAT COULD TRIGGER AN OFFENSE CYCLE ARE LIFE SHATTERING OR PERCEIVED AS LIFE SHATTERING.
- THERE CAN BE ONE EVENT OR A SERIES OF EVENTS
- EXAMPLE: LOSS OF JOB BY ITSELF WOULD NOT QUALIFY, BUT IF A PERSON CAN NOT FIND ANOTHER JOB, LOSSES THEIR HOME, ETC.....

PHASE I

- SITUATION THAT TRIGGERS CLIENT’S VULNERABILITY (ACTIVATING EVENT)
- BELIEF (COGNITIVE DISTORTION)
- DISPUTATION
- CONSEQUENCE (FEELINGS FROM THE BELIEF)
- DISPUTATION
- NEGATIVE EMOTIONAL STATE
- DISPUTATION
SUPPORT SYSTEM

• WHO AND WHY ARE THESE PEOPLE MY SUPPORT SYSTEM
• WHAT DO THEY NEED TO RECOGNIZE ABOUT ME IN THIS PHASE
• HOW WILL I TRICK THEM
• WHAT DO THEY NEED TO DO

THOUGHT STOPPING

• AT LEAST ONE THOUGHT STOPPING FOR THIS PHASE
• AT LEAST ONE POSITIVE AFFIRMATION FOR THIS PHASE
• SUD (SEEMINGLY UNIMPORTANT DECISION) TO THE NEXT PHASE

PHASE II-TRIGGER

• ACTIVATING EVENT
• DISPUTATION
• BELIEF
• DISPUTATION
• CONSEQUENCE
• DISPUTATION
SUPPORT SYSTEM

• WHO AND IF NEW PERSON WHY ARE THEY A SUPPORT PERSON
• WHAT DO THEY NEED TO RECOGNIZE ABOUT ME IN THIS PHASE
• HOW WILL I TRICK THEM
• WHAT DO THEY NEED TO DO

THOUGHT STOPPING

• AT LEAST ONE THOUGHT STOPPING
• AT LEAST ONE POSITIVE AFFIRMATION
• SUD TO THE NEXT PHASE

PHASE III- SEXUAL PREOCCUPATION

• ACTIVATING EVENT
• DISPUTATION
• BELIEF
• DISPUTATION
• CONSEQUENCE
• DISPUTATION
SUPPORT SYSTEM

• WHO AND IF NEW PERSON WHY
• WHAT DO THEY NEED TO RECOGNIZE ABOUT ME IN THIS PHASE
• HOW WILL I TRICK THEM
• WHAT DO THEY NEED TO DO

THOUGHT STOPPING

• AT LEAST ONE THOUGHT STOPPING
• AT LEAST ONE POSITIVE AFFIRMATION
• SUD TO THE NEXT PHASE

PHASE IV-RITUAL

• ACTIVATING EVENT
• DISPUTATION
• INTERNAL RITUAL (BELIEF)
• DISPUTATION
• EXTERNAL RITUAL
• DISPUTATION
• CONSEQUENCE
• DISPUTATION
SUPPORT SYSTEM

• WHO AND IF NEW PERSON WHY
• WHAT DO THEY NEED TO RECOGNIZE ABOUT ME IN THIS PHASE
• HOW WILL I TRICK THEM
• WHAT DO THEY NEED TO DO

THOUGHT STOPPING

• AT LEAST ONE THOUGHT STOPPING
• AT LEAST ONE POSITIVE AFFIRMATION
• SUD TO THE NEXT PHASE

PHASE V-GROOMING

• ACTIVATING EVENT
• DISPUTATION
• BELIEF
• DISPUTATION
• CONSEQUENCE
• DISPUTATION
SUPPORT SYSTEM

- WHO AND IF NEW PERSON WHY
- WHAT DO THEY NEED TO RECOGNIZE ABOUT ME IN THIS PHASE
- HOW WILL I TRICK THEM
- WHAT DO THEY NEED TO DO

THOUGHT STOPPING

- AT LEAST ONE THOUGHT STOPPING
- AT LEAST ONE POSITIVE AFFIRMATION
- SUD TO THE NEXT PHASE

PHASE VI-SEXUAL OFFENSE

- ACTIVATING EVENT
- DISPUTATION
- BELIEF
- DISPUTATION
- CONSEQUENCE
- DISPUTATION
SUPPORT SYSTEM

- WHO AND IF NEW WHY
- WHAT DO THEY NEED TO RECOGNIZE ABOUT ME IN THIS PHASE
- HOW WILL I TRICK THEM
- WHAT DO THEY NEED TO DO

THOUGHT STOPPING

- AT LEAST ONE THOUGHT STOPPING
- AT LEAST ONE POSITIVE AFFIRMATION
- SUD TO THE NEXT PHASE

PHASE VII- Despair

- ACTIVATING EVENT
- DISPUTATION
- BELIEF
- DISPUTATION
- CONSEQUENCE
- DISPUTATION
SUPPORT SYSTEM

• WHO AND IF SOMEONE NEW WHY
• WHAT DO THEY NEED TO RECOGNIZE ABOUT ME IN THIS PHASE
• HOW WILL I TRICK THEM
• WHAT DO THEY NEED TO DO

THOUGHT STOPPING

• AT LEAST ONE THOUGHT STOPPING
• AT LEAST ONE POSITIVE AFFIRMATION

• SUD

PHASE VIII-JUSTIFICATION

• ACTIVATING EVENT
• DISPUTATION
• BELIEF
• DISPUTATION
• CONSEQUENCE
• DISPUTATION
SUPPORT SYSTEM

• WHO AND IF SOMEONE NEW WHY
• WHAT DO THEY NEED TO RECOGNIZE ABOUT ME IN THIS PHASE
• HOW WILL I TRICK THEM
• WHAT DO THEY NEED TO DO

THOUGHT STOPPING

• AT LEAST ONE THOUGHT STOPPING
• AT LEAST ONE POSITIVE AFFIRMATION
• SUD

ESSAYS

• WHAT WILL HAPPEN TO ME IF I CHOOSE TO RE-OFFEND
• WHAT WILL MY FAMILY AND FRIENDS THINK, FEEL AND DO IF I CHOOSE TO RE-OFFEND
• WHAT WILL THE IMPACT BE ON MY NEW VICTIM IF I CHOOSE TO RE-OFFEND
ESSAYS

• WHAT MY DESPAIR WILL LOOK LIKE IF I CHOOSE TO RE-OFFEND

• THE KIND OF PERSON I WANT TO BE (WHAT I WANT OTHERS TO THINK ABOUT ME; MY LEGACY, MY OBITUARY)

• MY SAFETY PLAN FOR THE REST OF MY LIFE

RELAPSE PREVENTION SESSION

• THE CLIENT AND HIS/HER SUPPORT SYSTEM ATTEND A SESSION SO THAT THE CLIENT CAN PRESENT THE PLAN.

• ALL MEMBERS OF THE SUPPORT SYSTEM ARE GIVEN A COPY OF THE RPP

• THEY ARE ENCOURAGED TO INTERACT IN THE SESSION ASKING QUESTIONS AND GIVING FEEDBACK

QUESTIONS......