



# LEAD Workbook: Treatment for High-Risk Sexual Misconduct

*Matthew L. Ferrara Ph.D.*

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## **LEAD Workbook: Treatment for High-Risk Sexual Misconduct** Matthew L. Ferrara Ph.D.

The LEAD Workbook is the workbook of choice for those providing treatment to high and very high risk sex offenders. The LEAD Workbook is composed of a total of 93 offense specific and psychoeducational therapy assignments divided into six stages. Orientation Stage – In this stage of treatment, the client learns the basics of treatment and some basic self-control skills. All of the important concepts and terms used in the LEAD Workbook are defined and explained in the orientation material. Stage One: Responsibility and Aggression Control – In this stage of treatment, the client is asked to describe in detail the sexual misconduct that resulted in him or her being in treatment. The client is asked to take a polygraph regarding the description of the sexual misconduct. Clients also learn basic aggression control skills including deep breathing, time out, and communication skills. Stage Two: Sexual History and Self-Esteem – In this stage of treatment, clients are asked to complete a sex history and sex history polygraph. Based upon the sexual history, the client is asked to identify his or her personal patterns of sexual misconduct. Clients who deal with their sexual history in treatment sometimes experience demoralization so this stage of treatment teaches clients skills for creating and maintaining healthy self-esteem. Stage Three: Getting Off the Pathway to Sexual Misconduct – The current clinical literature regarding sex offenders posits that sex offenders follow one of four pathways to sexual misconduct: passive, paradoxical, impulsive and approach. Treatment of individuals who have sexual misconduct problems shows that most of them have used all four pathways at one time or another in their life. Clients are asked to identify the times when they used each pathway. Clients are then asked to develop plans for stepping off each pathway to sexual misconduct. Stage Four: Healthy Sexuality and Intimacy – In this stage of treatment, clients have the opportunity to complete assignments designed to help them develop healthy relationships. Given the role that sexual misconduct played in disrupting their past life, clients complete assignments designed to help them develop healthy sexual fantasies. Stage Five: Regression, Prevention, and Healthy Lifestyle – Clients learn that regression to a life of sexual misconduct is a process; it is process that they can interrupt. Clients complete assignments that prepare them to deal with regression. Clients also complete assignments designed to help them build a healthy lifestyle including leisure education, time management, job stress and job burnout. Stage Six: Aftercare – There are only four assignments in this stage of treatment. The assignments are designed to help the client distill and simplify all the rules and coping skills they developed for themselves while working on assignments in the other five stages of treatment. The LEAD Workbook also contains a complete Chaperon Training curriculum. The chaperon training curriculum can be used in a family therapy setting or large group, multi-family setting. The chaperon training curriculum teaches individuals how to chaperon by discussing the role of the chaperon, how to work with the treatment team, and how to monitor and help the client. Even though the LEAD Workbook was designed as a standalone treatment program, the LEAD Workbook can be used in combination with other treatment manuals. In fact, the LEAD Workbook and The Good Life Workbook, both written by Dr. Ferrara, can be used together.

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