IN THE MIRROR (SEXUAL OFFENDER) PROGRAMME

Therapeutic Programme facilitated by – Probation Officer or Social worker

Programme Description: The most important goal of the “In the Mirror” programme is to assist the sexual offender in refraining from committing sexual offences in the future.

Programme content: The diversion programme’s emphasis is on Cognitive Methods to assists the sexual offender addressing the challenges the person is facing. Cognitive behavioural interventions focus on risks, needs and responsibility.

Programme Outline (Themes covered): Self-awareness, sex education, behavioural control, victim impact, managing emotions, building relationships, relapse intervention and effective integration.

Age group: Children 13 - 17 years old

Group size: 8 - 10 participants

Duration: Minimum 3 months. Maximum 6 – 12 months.

Levels of Intervention: This programme has been designed to be used during the intervention level 3 (Statutory) and should be sustained through the “Mind the Gap” aftercare programme.

Monitoring and Evaluation: Four different types of assessments are incorporated as part of this programme: Pre and Post Personal Assessment, Programme and Facilitator Assessment, Final Personal Assessment and DSD Tracking Tool.