

RELAPSE PREVENTION

Treatment Goals and Objectives for Advanced Group for Sexually Abusive Adolescents¹¹

Primary Goal: The development of relapse prevention strategies and plan.

Goal #1: Increase understanding of relapse prevention

Objectives:

1. Youth will define the term relapse and discuss the purpose and benefits of relapse prevention.
2. Youth will be able to identify the abusive and unhealthy behaviors that he is at risk for in the future.
3. Youth will commit to applying the relapse prevention model to these behaviors.

Goal #2: Recognize the chain of situations, feelings, thoughts, and behaviors that lead to relapse.

Objectives:

1. Youth will learn to pay attention to his thoughts and feelings.
2. Youth will identify his internal and external risk factors.
3. Youth will recognize when there is a risk of his thoughts and feelings leading him into abusive or unhealthy behavior.

Goal #3: Learn how to anticipate, avoid, or plan for high risk situations and factors in the environment that increase the risk of relapse.


Objectives:

1. Youth will identify his high risk situations, external triggers, and high risk factors in the environment.
2. Youth will identify preplanned coping responses for use when high risk or problem situations can be anticipated.
3. Youth will identify escape routines for use whenever unexpected risk situations arise.

Goal #4: Acquire new cognitive, social, and problem solving skills in order to succeed in interrupting the chain that leads to relapse.

Objectives:

1. Youth will demonstrate the ability to use new thinking to reduce his risk.
2. Youth will become able to accurately identify his feelings and demonstrate non-abusive modes of expressing his feelings.
4. Youth will successfully complete needed skills building interventions such as the ability to self-nurture, social and relationship skills, anger management, stress management, etc.
5. Youth will demonstrate these new social and problem solving skills in his day-to-day behavior.
6. Youth will identify a positive support network.

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7. Youth will identify positive places, activities, and interests.
 8. Youth will identify positive short and long-term goals.
 9. Youth will identify personal strengths and talents.

Goal #5: Learn how to prevent and control abusive thoughts and fantasies

Objectives:

1. Youth will complete a journal and report abusive thoughts and fantasies.
2. Youth will be able to identify self-statements and aversive images to stop abusive urges.