



# Treating Sex Offenders: An Evidence-Based Manual

*Jill D. Stinson PhD, Judith V. Becker PhD*

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This structured yet flexible manual presents an innovative group treatment approach that targets deficits in self-regulation—a central problem for sex offenders. Safe Offender Strategies (SOS) comprises 10 evidence-based modules that teach participants the skills to desist from problem behaviors, manage their emotions and impulses, and break unhealthy relationship patterns. Motivational enhancement and validation techniques are woven throughout this collaborative treatment. SOS can be used with a range of clients—including high-risk offenders and those with mental illness or intellectual disabilities—in institutional or outpatient settings. Fifteen reproducible forms and worksheets can be downloaded and printed in a convenient 8 1/2" x 11" size.

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