



# Road to Freedom: A Comprehensive Competency-based Workbook for Sexual Offenders in Treatment

*John W. Morin, Jill S. Levenson*

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"Being a sex offender is not who you are. It is only a problem you have. It is a choice you have made. You are always free to make other choices, even when it doesn't feel that way."--*The Road to Freedom*

Treatment programs for sexual offenders require that the offender actively contribute to the change process in order to benefit from a program. *The Road to Freedom*, a comprehensive workbook written for the clients in a straightforward style, invites them to examine their individual behavior and circumstances surrounding their offense. The authors believe that offenders often respond to unmet emotional needs by engaging in deviant sexual activity and that support for a healthy lifestyle requires identifying these needs and finding other, healthy ways to fulfill them. Featuring the four-path relapse prevention model, this book encourages offenders to recognize and avoid high-risk factors which trigger thoughts and behaviors related to offending.

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