



### **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 assist 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.