

**Specialised Treatment for Offender Program (STOP)** is a comprehensive treatment program that provides sex offenders training in relapse training through methods related to the covert desensitization of impulses and adverse deconditioning of arousal. The programs involve three treatment phases employing a cognitive-behavioral model and spanning generally 18 months. The primary goal of the programs is to reduce the rate of re-offense and move the participants toward a more pro-social lifestyle.

### ***Who will benefit from STOP?***

STOP is a specialist programme designed to help primarily individuals who are in the process of court hearing for offences related to sex offending. Some of the common cases for sex offending include exhibitionism, fetishism, voyeurism (e.g., up skirt voyeurism), and outrage of modesty.

STOP also benefits family members of individuals with such problems. The programme helps family members how to better support their loved ones through the process of rehabilitation and recovery.

### ***Program Objectives***

- To reduce the risk and potential for further deviant behavior
- To offer a comprehensive treatment program that addresses motivation, psychosocial education, psychological evaluation, and sex offender treatment and relapse prevention training for the population of sex offenders
- To identify and target for change the cognitive and behavioral patterns which have resulted in sexual offending
- To encourage each participant to accept responsibility for deviant offenses and demonstrate empathy for the victims of the offense
- To carefully monitor and record the progress of each individual through the various phases of the program
- To provide for a continuum of care that reaches across all phases of the STOP and continues in the community after the court hearing

### ***Programme Outline***

Phase 1: Intake history and psychosocial assessment/evaluation of cognitive/behavioural patterns that result in the offending behaviour. Preparation of specialist reports for court hearing.

(Likely 2-3 sessions, weekly/biweekly sessions)

Phase 2: Reduction in cognitive/behavioural offence pattern as well as re-conditioning of deviant arousal (12-16 sessions, biweekly/monthly sessions)

Phase 3: Review and consolidation of relapse prevention (3-4 sessions, monthly sessions)

### ***Treatment provider***

Dr Matthew Woo (DClinPsych, Queensland) has had extensive experience with the treatment of sex offenders. In 2010, he was awarded a Health Manpower Development Program fellowship award (under the auspices of the Ministry of Health, Singapore) for Sex Offender Interventions (Portland). While in the employ of the Institute of Mental Health, he has had extensive specialised experience with the treatment of sexual offenders, particularly for individuals who were under the Mandatory Treatment Order (MTO) as sentenced by the court.