

The **Shoplifting Offenders Recovery and Treatment** is a comprehensive treatment program that provides chronic shoplifters training in relapse prevention through methods related to the covert desensitization of impulses, adverse deconditioning of arousal and application of reminder prompts through stimulus conditioning. 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 SORT?***

SORT is a specialist programme designed to help primarily individuals who are in the process of court hearing for offences related to shoplifting and theft. Kleptomania is a common mental condition that results in an individual having compulsive urges to steal to relieve their anxieties.

SORT also benefits family members of individuals with such problems. The program 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 offending behavior
- To offer a comprehensive treatment program that addresses motivation, psychosocial education, psychological evaluation, offender treatment and relapse prevention training for the population of shoplifting offenders
- To identify and target for change the cognitive and behavioral patterns which have resulted in offending
- 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 SORT 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 impulses and urges (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 shoplifting 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 shoplifting offenders, particularly for individuals who were under the Mandatory Treatment Order (MTO) as sentenced by the court.