

Help is Here

Therapy Goals and Plan for *Patient*

Estimated 2 sessions for initial assessment and approximately 16 – 20 sessions for therapy (*estimate based on diagnosable mental health problem/s coupled with some sexual self-regulation difficulties; therapy duration ultimately informed by ORS ratings and client attaining therapy goals*), plus 2 sessions for post-treatment assessment

Initial SMART goals:

1. Address depression through CBT, observe improvements in personal and overall wellbeing on ORS
2. Build confidence and skills to talk to my sister about my attractions
3. Improve my ability to sit with and process difficult emotions, as demonstrated by using new skills rather than alcohol
4. Increase engagement in activities that give me peace of mind and pleasure, report on progress at start of each session

Initial therapy plan

Session number																							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
CBT for depression																							
Understanding and living with my attractions																							
Strengthening skills																							
Managing my sexual attraction and finding pleasure																							
															? Processing Grief								
																Good life planning							

Module/s to consider during therapy: Understanding harmful sexual behaviour (if indicated for accessing abusive imagery) techniques from Strengthening Adult Sexual Interests (e.g., covert association for reducing minor attraction). Note that given his exclusive paedophilic interests, techniques to strengthen adult interests are contraindicated.