



Therapist Guide for Maintaining Change: Relapse Prevention for Adult Male Perpetrators of Child Sexual Abuse

Hilary J. Eldridge

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Providing step-by-step guidelines to relapse prevention with adult male child sex abusers, this guide is based on the author's experience of piloting a unique cognitive-behavioural treatment approach in community-based, secure hospital and prison sex offender programmes. Hilary Eldridge presents the theoretical base for relapse prevention, and includes information on: the relapse process and its implications for assessment of perpetrator patterns; intervention in those patterns and maintenance of change; rationale for the exercises used in each phase; how to introduce the exercises; how to deal with client questions and resistance; and different ways of explaining the materials. The author also provides sample therapist/client dialogue.

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