

Interactive Journaling®

Preparing to Change

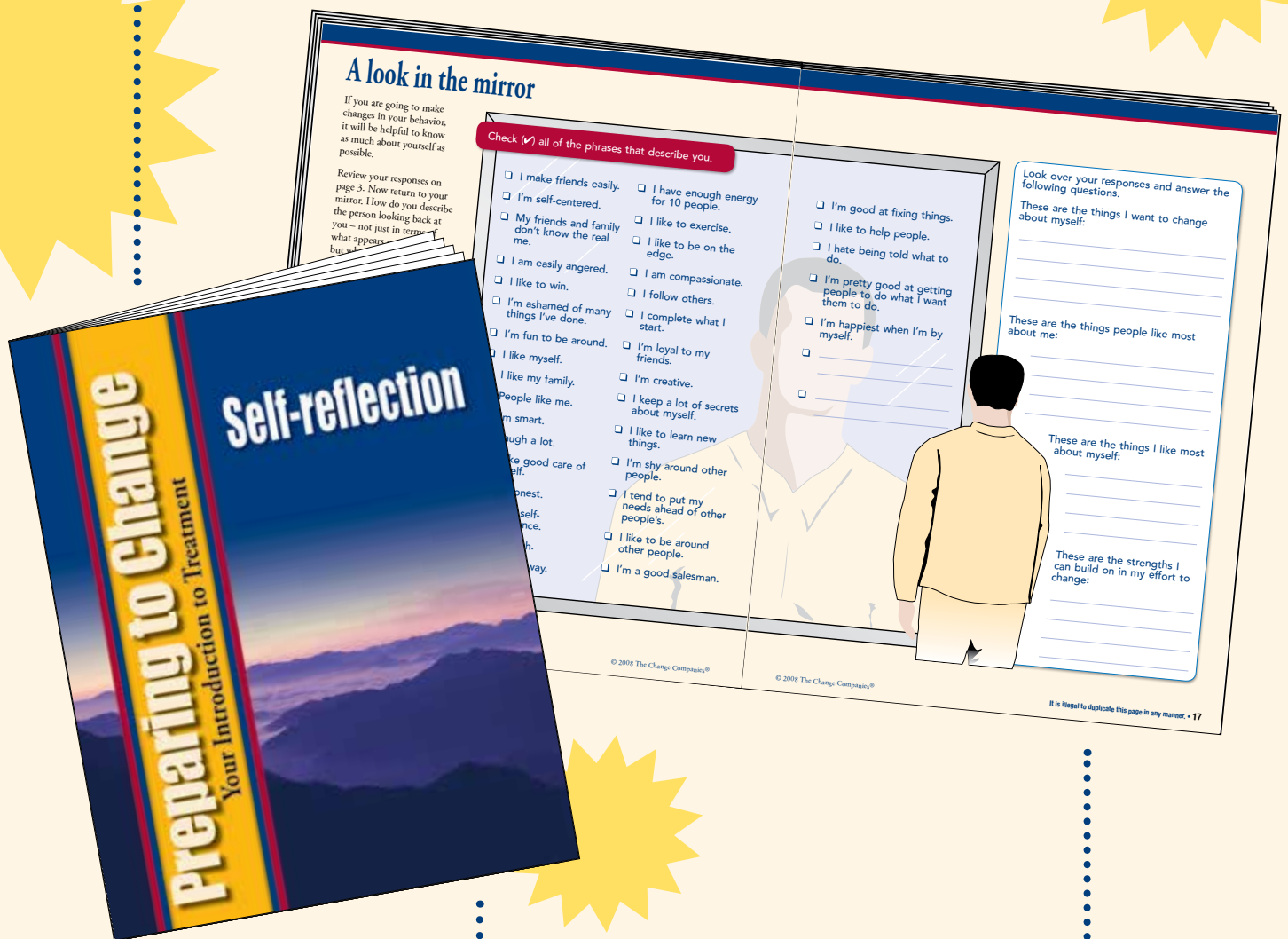
Your Introduction to Treatment



PREPARING to CHANGE SERIES

Designed in collaboration with the Department of Justice, Federal Bureau of Prisons, the Preparing to Change: Your Introduction to Treatment Interactive Journaling® Series has been created as a preparatory treatment program for convicted sex offenders and serves as a gateway to other sex offender management and treatment programming.

The goals of the Preparing to Change Program include motivational enhancement, engagement in program values and norms, improved self-disclosure and increased openness to new kinds of self-knowledge. The corresponding five-Journal series supports program goals while the Integrity Check helps participants make the guiding principles a consistent part of their daily lives.

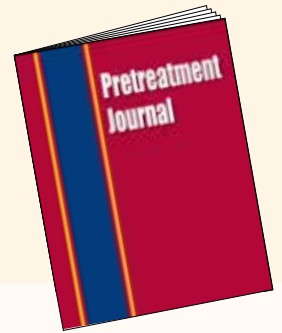


THE SERIES

Pretreatment Journal

Item #: S07 | 44 pages | \$8.09

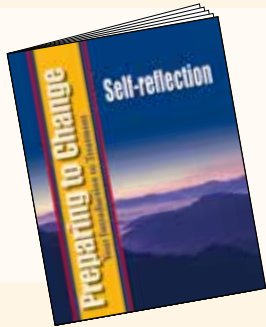
This Journal helps participants look honestly and openly at their past sexual behavior. They will consider obstacles to positive life changes and learn strategies to overcome them. Upon completion, they will be better prepared for the work and challenges of treatment.



Self-reflection

Item #: S01 | 32 pages | \$6.43

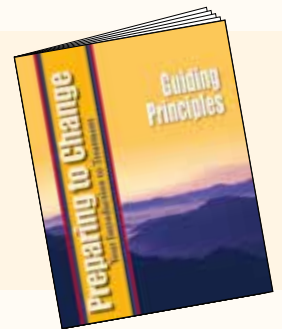
This Journal helps begin the process of eliciting self-disclosure in a nonthreatening manner. Participants are encouraged to challenge myths they may hold about treatment and consider the benefits treatment has to offer in helping them achieve desired life goals.



Guiding Principles

Item #: S02 | 16 pages | \$3.47

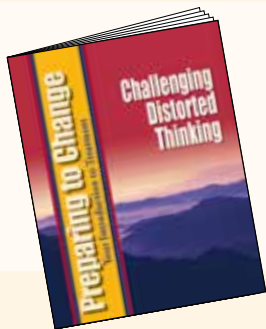
This Journal introduces a set of four guiding principles that can serve as the foundation for a new way of life. These principles can guide participants' choices and help them get the maximum benefit from treatment. The use of the Integrity Check is introduced.



Challenging Distorted Thinking

Item #: S03 | 24 pages | \$4.95

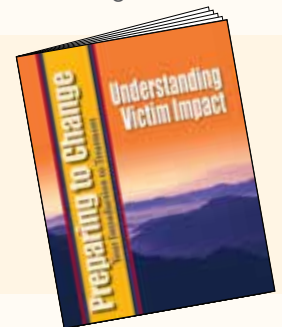
In this Journal, participants learn how their beliefs and perceptions influence their choices, and specifically how they led to their sexual offending behavior. A set of five distortions or thinking errors is presented to help participants learn to challenge and correct distorted thinking.



Understanding Victim Impact

Item #: S04 | 20 pages | \$4.20

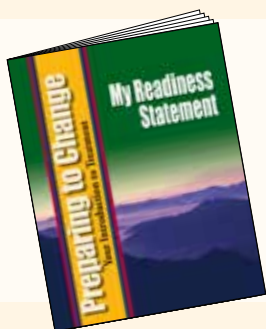
This Journal introduces the harmful consequences of illegal sexual behavior. Building on the Challenging Distorted Thinking Journal, participants explore how distortions in thinking prevent sexual offenders from recognizing or acknowledging the impact of their behavior.



My Readiness Statement

Item #: S05 | 20 pages | \$4.20

The exercises in My Readiness Statement help participants decide if they are ready to face the challenges of committing to a new way of life. Participants write a statement of intention that reflects their readiness to move forward in treatment.



Integrity Check Pad

Item #: S06 | 50 sheets | \$10.50

Introduced in the Guiding Principles Journal, the Integrity Check helps participants establish new patterns of thinking, attitudes and behaviors that are consistent with guiding principles that promote positive change. This tear sheet exercise is appropriate for use throughout the program and is an effective marker for participants' progress.



ORDER FORM

Minimum quantity for
Participant Journals is 25

ITEM #	PARTICIPANT JOURNALS	QUANTITY	UNIT PRICE	TOTAL
S01	Self-reflection		x \$ 6.43	=
S02	Guiding Principles		x \$ 3.47	=
S03	Challenging Distorted Thinking		x \$ 4.95	=
S04	Understanding Victim Impact		x \$ 4.20	=
S05	My Readiness Statement		x \$ 4.20	=
S06	Integrity Check (50 sheets per pad)		x \$ 10.50	=
S07	Pretreatment		x \$ 8.09	=
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