



What's new in the **4th edition** of **The Road to Freedom**

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A fully revised edition of *The Road to Freedom* is now available. Here are some of the highlights:

- » The structure of chapters (and much of the content) has remained the same to allow for an easy transition for users of previous versions.
- » RTF4 has been updated to incorporate contemporary theories, models, and evidence-informed best practices for prevention of sexual re-offending.
- » The language of the RTF4 is more strengths-based, client-centered, person-first, and trauma-informed.
- » To become more relevant in the 21st century climate of online communications and #MeToo, the workbook now utilizes a much wider range of examples to explore a more diverse range of offenses, including Internet offenses, sexual harassment, professional misconduct, and other sexual boundary violations.
- » Framing sex offending within a larger context of relational patterns, RTF4 helps each client learn to meet needs in healthy ways. A strengths-based focus on healthy sexuality and self-regulation avoids confrontational and shaming language. The consumer is encouraged to adopt an internal locus of control (rather than older models which rely heavily on external controls).
- » Informational text provides a foundation of knowledge for clients in understandable language. Case scenarios illustrate concepts through examples based on real-life cases.
- » Sexual, general, and emotional self-regulation strategies are emphasized throughout the workbook to address issues related to paraphilias, hypersexuality, sexualized coping, personality traits, impulsivity, addictive or compulsive tendencies, and decision-making.
- » RTF4 integrates a trauma-informed approach to respond to the neuro-cognitive and psychosocial impacts of childhood adversity and adult trauma.

Contents

- Chapter 1 - Accepting Accountability
- Chapter 2 - Understanding Your Sexual Behaviors
- Chapter 3 - Managing Your Behavior
- Chapter 4 - Understanding Yourself
- Chapter 5 - Victim Impact
- Chapter 6 - Relationship and Communication Skills
- Chapter 7 - Healthy Thinking Skills
- Chapter 8 - Relapse Prevention, Self-Regulation & Healthy Sexuality

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