

NEARI Press Webinar

Creative and Effective Use of the “Who Am I...” Workbooks in Adult Treatment

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Steven Sawyer

Learning Objectives

1. Become informed about workbooks as a treatment adjunct.
2. Understand how workbooks and treatment structure can be integrated.
3. Appreciate the opportunity for self study that workbooks offer to clients.

Goals

- Understand how to integrate workbook concepts into existing treatment structure
- Understand how to shift from workbook assignment to group process
- Using the flow of the workbook content
- Individualizing treatment

The Workbooks

- Who Am I And Why Am I In Treatment?
- Why Did I Do It Again And How Can I Stop?
- Enhancing Empathy

Authors: Robert E. Longo with Hogan Laren
Bays and Steven Sawyer

Originally published in 2000, updated in 2011

Workbook Design

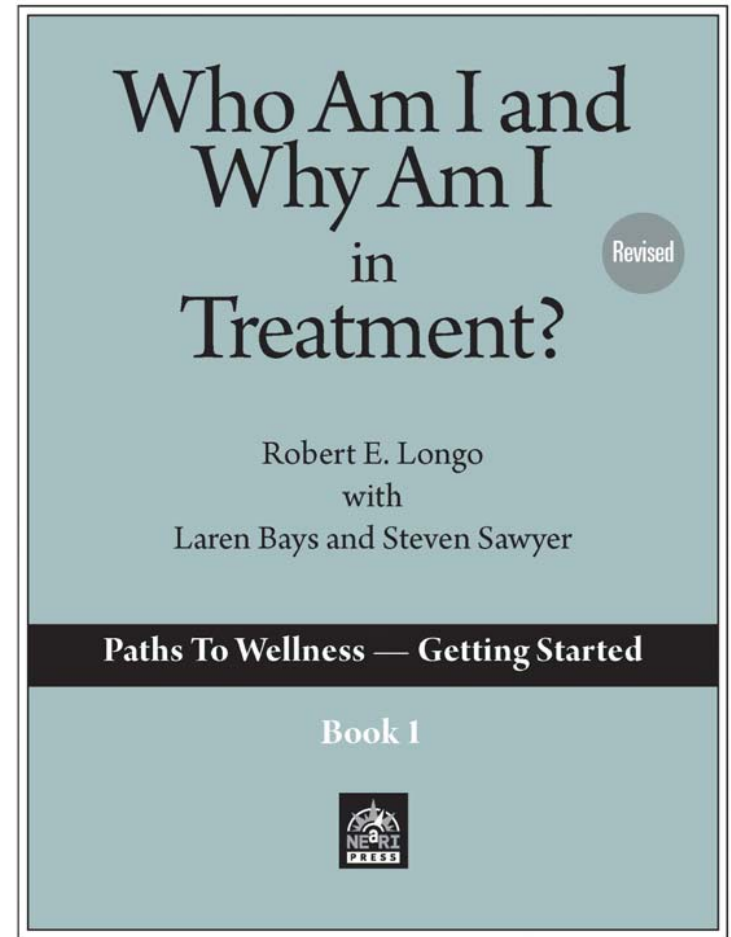
- All 3 workbooks are based on educational material in each chapter followed by specific assignments at the end of each chapter
- Some material builds on prior chapters, some material can be used as a stand-alone self study assignment or as a supplement to an existing treatment goal

First, let's find out about your treatment program:

- What kind of structure –Group? Individual? Educational modules?
- Do you have existing defined treatment goals and assignments?
- What is your typical group size: less than 8? 8-12? More than 12?
- How many hours of treatment/week? Month?
- Are your therapy groups open ended/rolling? Closed?

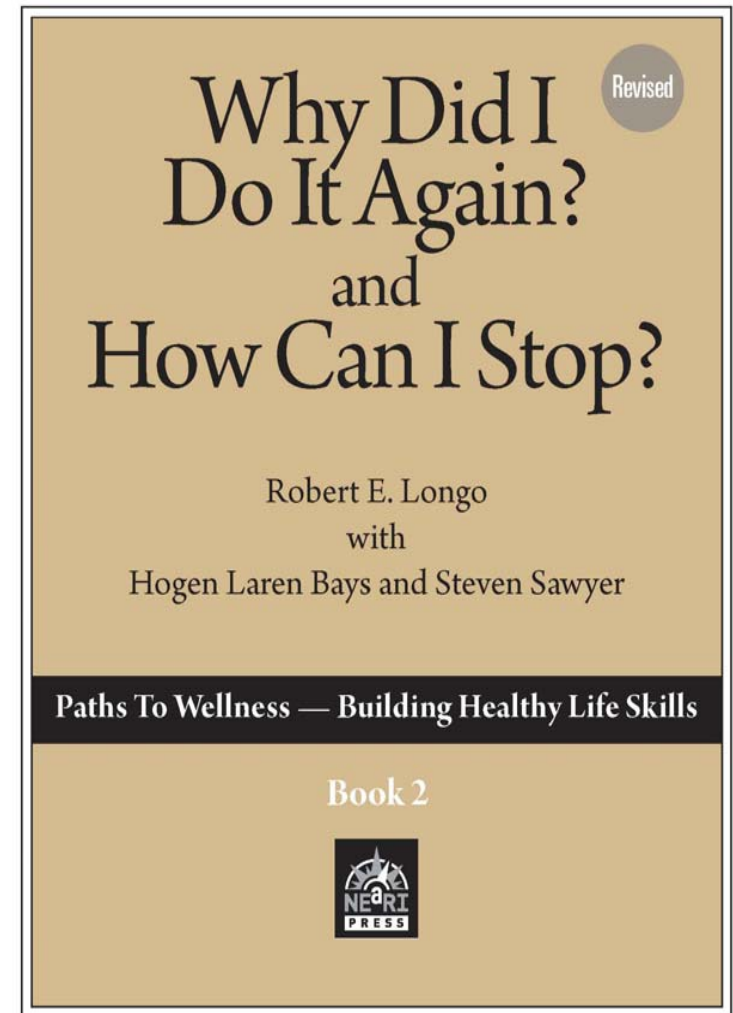
Partial contents:

- What is treatment?
- How do I work on my problems?
- My Abuse Cycle
- Preventing Relapse: A model for change



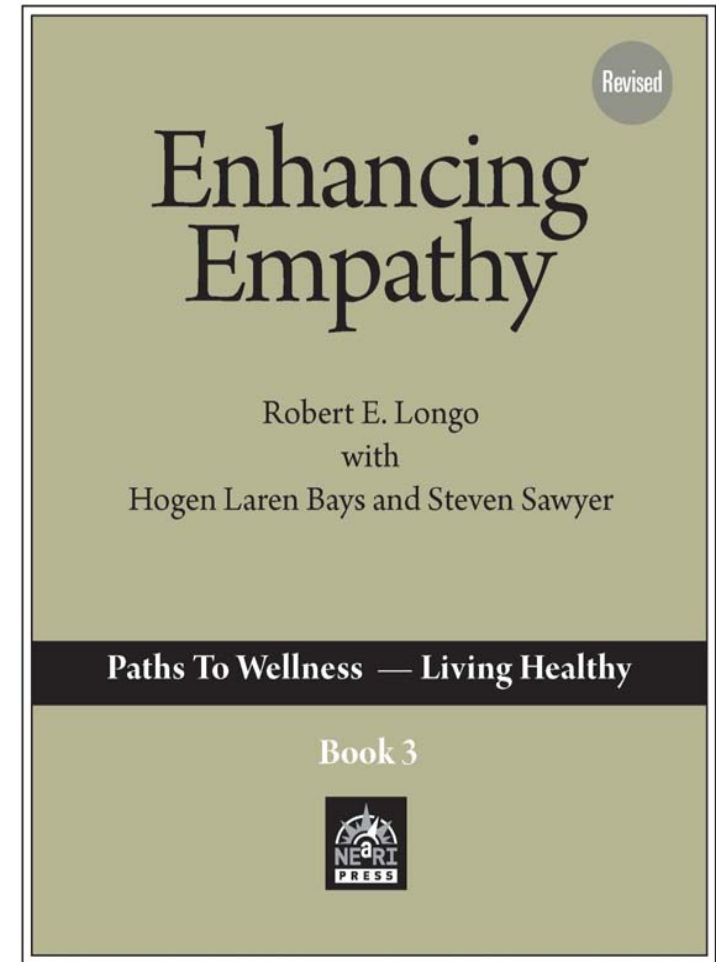
Partial contents:

- Learning New Responses
- Positive Self Talk
- Relapse Rehearsal
- Behavioral Contracts



Partial contents:

- What Is Empathy?
- How My Sexual Behavior Affects Others
- How To Build Empathy
- Compassionate Action....



Different ways to use the workbooks

- Specific assignments at the end of each chapter could be used to supplement specific treatment goals or topics or issues. For example:
 - Who Am I...(Ch. 4),What is tx (Ch. 7—Abuse Cycle)
 - Enhancing Empathy (Ch. 2)
 - Why did I do it Again....(Ch. 5—Values Clarification)
- Some material can be used as a stand-alone self study assignment. For example:
 - Enhancing Empathy (Ch. 1—What is empathy?), (Ch. 2—How my behavior affects others)
 - Why did I do it Again? (Section 2)

Thank you for participating!

Contact:

- steve@sawyersolutions.org