

Module	Goals	Techniques
<b>Module 1</b> (Motivation)	Strengthen motivation to change and treatment readiness before addressing criminogenic needs.	<b>Motivational Interviewing</b> ( <i>Miller &amp; Rollnick, 50</i> ): open questions, reflective listening, appreciation, 'change talk' and 'confidence talk', resistance handling, summaries.
<b>Module 2</b> (Supervision and social relationships)	Build positive social network, reduce resistance to rules and community supervision.	<b>CBT</b> to encourage social network building and attitude change.
<b>Module 3</b> (Emotion management)	Reduce impulsiveness and improve coping with stress and negative emotions.	<b>DBT</b> ( <i>Linehan, 62</i> ): emotion regulation, distress tolerance. <b>ACT</b> ( <i>Hayes et al., 63</i> ): acceptance of negative experiences, meaningful life focus.
<b>Module 4</b> (Problem solving)	Improve social problem-solving skills; promote positive problem orientation and rational problem-solving style.	<b>Problem-Solving Therapy</b> : training in positive problem orientation and rational problem-solving ( <i>PST; Nezu et al., 74</i> ).
<b>Module 5</b> (Offense-supportive attitudes)	Change attitudes supporting sexual offending against children.	<b>Cognitive Restructuring</b> : identification, reframing, Socratic dialogue, comparison of new vs. old beliefs (Beck). <b>RNR</b> : adaption to individual needs by choosing three out of 16 pre-defined cognitive distortions.
<b>Module 6</b> (Sexuality)	Reduce sexual preoccupation, emotional congruence with children, and sexual interest in and fantasies about children.	<b>CBT</b> to influence sexual thoughts/fantasies and promote adult-oriented interests