

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