

**A Holistic Approach to
Treatment & Risk Management:
*Moving From Relapse Prevention to Healing***

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TREATMENT PHILOSOPHIES

- A change is possible and probable
- Look for the good and you will find it
- Nurture the good and it will grow
- Uniqueness of individuals
- Offenders are people too
- Healing is a process not a product
- Let logic be your friend
- Let your conscience be your guide
- You attract more bees with honey
- Healing is work
- Team work

List 5 fundamental philosophical beliefs relevant to your program and/or practice.

1. _____
2. _____
3. _____
4. _____
5. _____

HOLISTIC PROCESSES

- The Role of the Therapist
- Engagement
- Non-judgmental intervention
- Positive therapist characteristics/styles
- Humor
- Moving to wellness-solution focused
- Bringing offenders back to the community
- Experiential
- Moving through resistance and the process of change

List 5 holistic practices relevant to your program and/or practice.

1. _____
2. _____
3. _____
4. _____
5. _____

HOLISTIC HEALING TARGETS

List 5 non-traditional goals of your practice.

1. _____
2. _____
3. _____
4. _____
5. _____

A HOLISTIC APPROACH & TREATMENT TARGETS

- Attending to the mental, emotional, physical and spiritual
- Balance
- Connection
- Identity
- Installation of Hope
- Emotions as gifts
- Self-efficacy
- Gold nuggets
- Owning your story
- Compassion
- Forgiveness
- Building community
- Stories of transformation

