

assess an individual's suitability for the CSOGP. If an individual is considered suitable for the programme this will be proposed in the report.

- If a report on a sex offender does not contain such a proposal it is because the individual has been assessed as not being suitable for the programme. Reasons for this will be outlined in the report.
- Field probation officers dealing with sex offenders in prison will refer suitable cases to the Programmes Team and consideration will be given to their attendance at CSOGP as a condition of their licence.
- Orders or Licences must be at least 3 years in length to allow the programme to be completed.

### **Enforcement**

- Offenders are required to attend every session.
- If an offender misses a session they must complete a 'catch up' session before resuming the programme.
- If an offender misses more than two sessions in any module they must repeat that module.
- If an offender misses a session without an acceptable reason enforcement action will be taken by their probation officer in line with National Standards for supervision of offenders.

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NATIONAL PROBATION SERVICE  
for England and Wales

*West Mercia*

## *A National Treatment Programme for Sex Offenders*

# **Community Sex Offender Groupwork Programme**

## *Information for sentencers*



## What is it?

- The Community Sex Offender Groupwork Programme (CSOGP) is a nationally accredited groupwork programme developed in the West Midlands. It aims to reduce re-offending amongst sex offenders by the use of cognitive behavioural methods. It is delivered in Shrewsbury and Worcester by trained staff from West Mercia Area Programmes Team.
- Cognitive behavioural methods are a proven way of reducing re-offending, and focus on the relationship between thoughts, feelings and behaviour.
- The programme aims to alter the way individuals behave by encouraging them to think in different ways.



## How does it operate?

- Most offenders are subject to an initial 50 hour Induction Module designed to decrease minimisation/denial of their offending and increase their acceptance of responsibility for their behaviour.
- Offenders are then assessed using clinical judgement and psychometric testing. Low risk/low deviance offenders complete a further 50 hours programme focusing on relapse prevention strategies. Higher

risk/deviance offenders complete a further 190 hours programme (long term therapy), which targets a wider range of offending related factors.

- An offender will usually take two years to complete the full programme. However to enable pre and post programme work to take place a minimum of 3 years on a Community Rehabilitation Order or Licence is required.
- Certain offenders who have completed the Offender Treatment Programme in prison will not necessarily need to undertake the Induction Module.



## What does the programme involve?

In addition to the Induction Module, the full 190 hour treatment programme addresses the following areas:

- Cycles of offending and cognitive distortions (thinking errors).
- Relationships and attachment styles.
- Self management and interpersonal skills.
- The role of fantasy in offending.
- Victim empathy.
- Relapse prevention and lifestyle change.



## How is an individual's progress evaluated?

- As well as the clinical judgement of the group facilitators, individual progress is assessed by psychometric testing at three points: prior to the programme, at 50 hours following induction (where appropriate) and on completion of the programme.



## How often do offenders attend?

- The initial induction group consists of a five day 'block' week followed by 10 half day or 5 full day sessions delivered weekly
- Employed offenders are required to take time off work for the initial five day 'block' week.
- Groups then take place half a day or an evening each week.



## How does an offender get on the programme?

- Pre-sentence reports on sex offenders are prepared by probation officers working in District Teams. Staff who regularly deliver the programme may also advise them.
- In writing the pre-sentence report probation officers will automatically