Stages of Change in CSEC Counseling

*Pre-Contemplation Stage of Change*

**The Client**

- Denies being sexually exploited or discloses that they are involved in exploitation but denies any associated risk
- Not interested in clinical services

**List common behaviors and statements at this stage of treatment**

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**Goals of treatment**

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Give examples of the types of clinical responses that are helpful at this stage of treatment

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Stages of Change in CSEC Counseling

Contemplation Stage of Change

The Client

- Acknowledges being sexually exploited or discloses that they are involved in exploitation and reports awareness of associated risk
- Not sure if they want to make a change

List common behaviors and statements at this stage of treatment

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Goals of treatment

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Give examples of the types of clinical responses that are helpful at this stage of treatment

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Stages of Change in CSEC Counseling

Preparation Stage of Change

The Client

• They youth is committed to leaving the life
• Participating in services
• Taking “baby steps” towards exiting the life

List common behaviors and statements at this stage of treatment

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Goals of treatment

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Give examples of the types of clinical responses that are helpful at this stage of treatment

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Stages of Change in CSEC Counseling

*Action Stage of Change*

**The Client**

- May accept placement in a therapeutic program
- Terminates contact with trafficker/and/or johns

**List common behaviors and statements at this stage of treatment**

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**Goals of treatment**

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Citrus Health Network, Inc.
Give examples of the types of clinical responses that are helpful at this stage of treatment

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Stages of Change in CSEC Counseling

*Maintenance* Stage of Change

**The Client**

- No involvement in commercial sexual exploitation
- Avoids temptations
- Responds appropriately to triggers

**List common behaviors and statements at this stage of treatment**

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**Goals of treatment**

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Give examples of the types of clinical responses that are helpful at this stage of treatment

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Stages of Change in CSEC Counseling

Relapse Stage of Change

The Client

- Terminates treatment
- May leave therapeutic placement
- Re-establishes contact with exploiter

List common behaviors and statements at this stage of treatment

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- [Blank Line]
- [Blank Line]
- [Blank Line]

Goals of treatment

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Give examples of the types of clinical responses that are helpful at this stage of treatment

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