

## **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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**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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#### **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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