Pathways: A Guided Workbook for Youth Beginning Treatment

Timothy J. Kahn

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The Pathways workbook has been a cornerstone in the treatment of sexually aggressive youth since the first edition was issued twenty years ago. As the field has evolved and advanced, so has Pathways. This new Fourth Edition reflects current research and clinical experience with adolescents by focusing on strength-based methods to help clients develop healthy and productive lifestyles consistent with the Good Lives Model of rehabilitation. Pathways continues to use a restorative justice theme emphasizing concern for restitution, development of victim empathy and personal responsibility. Focus is shifted from the offense cycle into understanding the antecedents to a client?s sexual acting out. The Fourth Edition incorporates quizzes into the end of each chapter. Experience has shown that the quizzes are a rewarding and helpful way to ensure that clients are reading and comprehending the material in the chapters. The tests also provide the client with a tangible sense of accomplishment. Pathways is written for both adolescent boys and girls, and is appropriate for both adjudicated and non-adjudicated clients with a wide variety of sexual behavior problems.

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