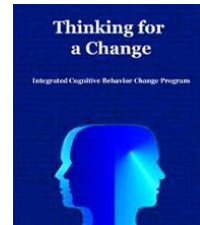




GRAYSON COUNTY
COMMUNITY SUPERVISION AND
CORRECTIONS DEPARTMENT



COGNITIVE-BEHAVIORAL THERAPY: ***Thinking for a Change.***

The Thinking for a Change curriculum was developed by the National Institute of Corrections (NIC), and consists of 22 group format sessions of approximately ONE (1) hour duration each. Groups have no more than 15 participants, and take place weekly, over a 16-week period. Each group is led by certified facilitators who have completed a cognitive behavioral training program. The facilitator is required to follow a scripted manual explicitly stating the content and objectives of each session. Most sessions include role-play illustrations of concepts, a review of previous lessons, and homework assignments in which participants practice skills learned in the group.

COGNITIVE RESTRUCTURING: Sessions 1-9:

-Session 1 includes introductions, expectations of participants, and a course overview with illustrations of the three main parts of the program: cognitive restructuring, social skills, and problem solving. Beginning sessions focus on cognitive restructuring and cognitive self-change, involving self-evaluation and self-correction. These sessions attempt to teach offenders to self-reflect, to recognize underlying attitudes, beliefs, and feelings, and to change them when they are maladaptive.

-Sessions 5-6 focus on teaching and practicing the objective observation of thoughts, feelings, and attitudes. Participants learn to use "thinking reports" (structured, objective reports of thoughts and feelings) to recognize their thoughts, feelings, attitudes, and beliefs in an objective, non-argumentative manner.

-Session 7 teaches offenders to recognize those cognitive processes that lead them to trouble, where "trouble" is defined as "breaking a rule or hurting someone."

-Session 8 is devoted to helping participants find new, more adaptive thinking that reduces their risk of doing something hurtful or criminal.

-Session 9 focuses on practicing all of the steps of cognitive self-change via "thinking check-ins." A thinking check-in consists of participants reporting a situation in which they were at risk of doing something harmful, recording the accompanying thoughts and feelings they had, identifying the risk in those thoughts and feelings, and describing the new thinking they used or could have used.

-Social Skills Training; Sessions 10-15: Although social skills training is embedded in the program curriculum from the first session, Sessions 10-15 focus explicitly on building social skills while continuing to strengthen and reinforce cognitive restructuring.

-Sessions 10-12 constitute exercises in empathy training and perspective: Session 10 is devoted to extra practice focusing on identifying feelings; Session 11 is designed to help participants understand the feelings of others; Session 12 equips participants to respond to others' feelings.

-Session 13 teaches participants to prepare for, and have, stressful conversations.

-Session 14 provides group members with skills to manage and respond to their anger in a manner that will reduce the risk of acting out. -Session 15 teaches participants adaptive ways of dealing with accusations of wrong-doing, whether true or false.

- Problem Solving; Sessions 16-22: These sessions provide participants with tools they can use to more effectively "navigate their world" and avoid trouble. Problem solving in this program is designed to integrate the skills of cognitive restructuring and social skills; concepts from the first 15 sessions continue to be practiced and reinforced.

-Session 16 teaches group members to recognize the "conflict cycle," a cycle of thoughts, feelings, beliefs, and actions that tend to escalate problem situations.

- Session 17-22. Participants are introduced to 6 problem-solving steps, each of which is addressed and practiced in self-determined lessons. These steps are: 1) stop and think; 2) describe the problem; 3) get information to set a goal; 4) consider choices and consequences; 5) choose, plan, do; 6) evaluate.

Initial 2011 Program Calendar:

Group	Start Date	End Date*	Time
Group 2010-6	October 26, 2010	February 8, 2011	5:30 pm
Group 2011-1	January 13	April 28	5:30 pm
Group 2011-2	February 22	June 14	5:30 pm
Group 2011-3	May 5	August 18	5:30 pm
Group 2011-4	June 28	October 11	5:30 pm
Group 2011-5	August 25	December 22	5:30 pm
Group 2011-6	October 25	January 31, 2012	5:30 pm

* End dates may change due to unforeseen circumstances.

REGISTRATION:

Registration is through a probationer's CSCD officer or by calling Debbie Fesperman (903) 813-4215. **All Thinking for a Change classes are held at House of Hope, Sherman, Texas.**