ATTACHMENT A

UC Corrections Institute presents

Cognitive Behavioral Interventions for Offenders – A comprehensive curriculum

Cognitive Behavioral Interventions – A Comprehensive Curriculum (CBI-CC) is designed to provide a thorough intervention that broadly targets all criminogenic needs. As the name suggests, this intervention relies on a cognitive behavioral approach to teach participants strategies to manage risk factors. The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development. The curriculum provides modifications so that offenders with mental illness can participate, though it is not dedicated exclusively to this population.

Using a modified closed group format with multiple entry points, the curriculum is designed to allow for flexibility across various service settings and intervention lengths.

OVERVIEW

Components of this 56-session curriculum include the following:

Pre-treatment and Module 1: Motivational Engagement
Module 2: Introduction to Cognitive Behavioral Interventions
Module 3: Cognitive Restructuring
Module 4: Emotional Regulation
Module 5: Understanding Behavior Patterns
Module 6: Choosing Behavior Responses
Module 7: Problem Solving
Module 8: Planning your Future
Module 9: Success Planning

The curriculum also offers specialized modules that target common offender needs. These modules allow for increased dosage based on individual offender needs. Specialized modules include the following:

- Peers
- Family
- Gang
- DUI
- Domestic Violence
- Violence
- Healthy Leisure Activity

Our goal is to provide a high fidelity program, so the project is currently in the pilot stage. The curriculum is free to use; however, training is required. The CBI-CC curriculum is expected to be available in the Spring of 2016.

CONTACT

For more information about CBI-EMP, please contact UCCI Program Manager Jennifer Scott at Jennifer.Scott@uc.edu or (513) 556-7765.

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Sessions

Pretreatment
- Identifying Barriers
- Personal Reasons to Engage
- Weighing the Pros and Cons

Module 1
- Introducing the Curriculum
- Influences on our Decisions
- Decisional Balance
- Values Clarification
- Setting a Goal

Module 2
- Introducing the Cognitive Behavioral Interventions
- Active Listening
- Giving Feedback
- Asking Questions
- Understanding Life History, Lifestyle Choices, and Personality Factors

Module 3
- Behavior is a Choice
- Risky Situation
- Recording Thoughts and Exploring Core Beliefs
- Identifying and Changing Risky Thinking
- Cognitive Strategies: Thought Stopping
- Putting it all Together: Countering the Internal Invitation

Module 4
- Introduction to Emotion Regulation
- Recognizing your Feelings
- Coping by Thinking—Managing Feelings Through Managing Thoughts
- Coping by Doing—More Strategies for Managing Feelings
- Practicing Emotion Regulation—Using Self-Control
- Managing Risky Feelings—Anger/Hostility
- Managing Risky Feelings—Stress/Anxiety
- Managing Risky Feelings—Sadness/Hopelessness

- **Module 5**
  - Introduction to Criminal Behavior Patterns
  - Thinking before you Act—Managing Impulsivity
  - Managing Risk and Pleasure Seeking Behaviors
  - Managing Low Frustration Tolerance
  - Examining Self-Centeredness and Entitlement

Module 6
- Introduction to Choosing Effective Behavior Responses
- Understanding the Feelings of Others
- Assertiveness
- Responding to Criticism
- Conflict Resolution
- Avoiding Trouble With Others
- Dealing with an Accusation

Module 7
- Introduction to Problem Solving
- Identifying the Problem and Goal
- Brainstorming Options
- Planning and Trying Your Solution
- Putting it all Together

Module 8
- Identifying Social Supports
- Engaging Social Support
- Sustaining Support Relationships
- Dealing with Failure
- Managing Success

Module 9
- Developing a Plan
- Getting to the Source
- Reinventing My Life
- Staying On Track
- Responding to Roadblocks
- Rehearsing My Plan
- Presenting My Plan

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