

NATIONAL INSTITUTE OF CORRECTIONS
ACADEMY DIVISION

Thinking for a Change
An Integrated Cognitive Behavior Program

Program Goal

Participants will be able to facilitate offender groups utilizing the ***Thinking for a Change*** program.

Objectives

Participants will:

- Describe the theoretical foundations of cognitive behavioral approaches.
- Articulate the core principles and components of the ***Thinking for a Change*** program.
- Demonstrate a cognitive self-change lesson utilizing the ***Thinking for a Change*** program.
- Demonstrate a social skill lesson utilizing the ***Thinking for a Change*** program.
- Demonstrate a problem solving lesson utilizing the ***Thinking for a Change*** program.
- Plan for the implementation of the program within their agency.

What You Need To Know About *Thinking For A Change* (T4C) Facilitator Training

Who Should Attend T4C Facilitator Training?

T4C training is for participants who will actively facilitate offender groups using the Thinking for A Change (T4C) curriculum at the conclusion of the facilitator training.

It is a four day intensive skills development program, geared to get you to that outcome. Training days are from 8am – 5pm, and involve multiple assignments and skills practices known as lesson “try-outs”.

What Will I Be Doing In Thinking For A Change (T4C) Facilitator Training?

You will be learning about NIC’s T4C integrated cognitive behavior program, which is a multi-lesson based curriculum designed to be facilitated with offender groups. You will also be practice facilitating T4C lessons and receiving feedback on those practices using a technique we call “lesson try-outs”.

What Are “Try-Outs”?

During a lesson “try-out” you will be preparing and practice facilitating a T4C lesson. Afterwards, you will debrief your try-out of the lesson, and receive feedback from a facilitator and those who served as your practice offender group. These try outs are designed to be skills based learning experiences, as the best way to learn how to facilitate T4C groups is to practice with the T4C lessons during the facilitator training.

During the four day program, you will be assigned several lessons for “try-outs”, and will have opportunities to practice several T4C lessons with other participants who will play an offender group for you. All of the content and activities are designed to get you ready to meet the goal of the T4C facilitator training: to be able to facilitate offender groups utilizing the ***Thinking for a Change*** program.

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AGENDA

Day 1

- 8:00 a.m. Welcome/Introductions
- Training Program/Academy Overview
- Training Program Goals
- Program History and Background
- Setting Group Norms/Expectations
- Philosophical and Theoretical Foundations
of Cognitive Behavior Approaches
- Program Organizer
- Warm-up Activity - Table of Contents
- Identify Cognitive Self Change,
Social Skills and Problem Solving Lessons Exercise
- Program Manual Walk Through
- 11:00 a.m. **Thinking for a Change**
Lesson 1: Introduction and Overview
Demonstration
- 12:00 p.m. *LUNCH*
- 1:00 p.m. **Thinking for a Change**
(Cognitive Self-Change)
Lessons 5-9 Demonstrations
- Assignments for Practicing the Lessons
- 5:00 p.m. Debrief/Evaluation

Day 2

8:00 a.m.	Preparation for Try-out Lessons
8:30 a.m.	Cognitive Self-Change Try-out and Debrief
9:25 a.m.	Cognitive Self-Change Try-out and Debrief
10:20 a.m.	Cognitive Self-Change Try-out and Debrief
11:15 a.m.	Cognitive Self-Change Try-out and Debrief
12:00 p.m.	<i>LUNCH</i>
1:00 p.m..	Cognitive Self-Change Try-out and Debrief
2:00 p.m.	Program Organizer and Questions
2:10 p.m.	Thinking for a Change <i>(Social Skills)</i> Introduction
2:45 p.m.	Thinking for a Change Lesson 10: Knowing Your Feelings Demonstration
4:00 p.m.	Define the Process by which Skills are Taught Assign participants Lesson Try-outs
5:00 p.m.	Debrief/Evaluation

Day 3

8:00 a.m.	Preparation for Try-out Lessons
8:30 a.m.	Social Skill Try-out and Debrief
9:30 a.m.	Social Skill Try-out and Debrief
10:30 a.m.	Social Skill Try-out and Debrief
11:30 a.m.	Social Skill Try-out and Debrief
12:00 am.	<i>LUNCH</i>
1:00 p.m.	Program Organizer and Questions
1:30 p.m.	Thinking for a Change <i>(Problem Solving)</i> Lesson 16: Introduction to Problem Solving Demonstration
2:45 p.m.	Lesson 17: Stop and Think Creative Instructional Strategies
3:00 p.m.	Jig Saw Activity
4:45 p.m.	Assign Lesson Try-outs
5:00 p.m.	Debrief/Evaluation

Day 4

8:00 a.m.	Preparation for Try-out Lessons and Problem Solving - Homework preparation
9:00 a.m.	Problem Solving: Step 1
9:45 a.m.	Problem Solving: Step 2
10:30 a.m.	Problem Solving: Step 3
11:15 a.m.	Problem Solving: Step 4
12:00 p.m.	<i>LUNCH</i>
1:00 p.m.	Problem Solving: Step 5 & 6
2:00 p.m.	Debrief Problem Solving
2.15 p.m.	How to Implement the Program Discussion
3:00 p.m.	Aggregate Skills Data
4:00 p.m.	Closing and Evaluation

SAMPLE