

Cognitive Intervention Education Program

Through the Cognitive Intervention Education Program, participants learn and practice the steps of cognitive self-change in group and individual settings. Participants look into their thoughts, feelings, attitude and beliefs while discussing the risks associated with their day-to-day and criminal activity. In addition to thinking reports, each participant will learn problem solving, goal setting, negotiating, critical reasoning and value clarification. This process allows participants to take responsibility for their behaviors and to achieve and maintain long term behavior change.

The program is appropriate for a wide range of offender groups; however, community supervision officers directly use the program for probation violations and pre-incarceration sanctions.

The open-ended curriculum uses, at its core, a problem-solving component, embellished by both cognitive restructuring and problem solving and risk replacement interventions. The curriculum is comprised of 16 lessons, spanning 18 hours of instruction. Program delivery follows guidelines for most cognitive-behavior programs. Sessions are offered twice per week, but no more than one session will be facilitated in a day. Participants need time between sessions to identify problem situations, examine their thinking, and practice the new skills. While each of the concepts are presented systemically, the probationer quickly learns and appreciates what cognitive restructuring requires, which include how to identify risk in our thoughts, beliefs, attitudes and values.

To successfully complete the program each participant should demonstrate the following:

- Demonstrate understanding and present a completed thinking report for assigned situations;
- Demonstrate a knowledge and present assignments of social skills which are applicable to the participants day-to-day living;
- Demonstrate an understanding and present problem solving and critical reasoning reports for assigned situations; and,
- Demonstrate knowledge of criminal thinking patterns and how they impact the participant's day-to-day life.

Participants assigned or agreeing to the Cognitive Intervention Education Program are first required to have an individual session with the facilitator. Classes are held on Monday at 5:30 pm and Wednesday at 6:45 pm. Probationers can choose to attend one or two classes each week. The participant should call Bill Bristow at (903) 814-9883. It is helpful for the participant's probation officer to scan and send the Class Enrollment Form to billbristow@cableone.net.