



To be successful using new skills in everyday life, individuals in group interventions need to practice them in a variety of situations with increasing difficulty. UC's Cognitive-Behavioral Interventions - Advanced Practice (CBI-AP) curriculum provides a structured way to assist individuals in practicing skills learned through core programming in a progressively more challenging way through the use of more difficult situations with increased pressure. This course will train facilitators to lead groups using the Advance Practice curriculum, continuously assessing the skill level of the individual to ensure appropriate levels of challenging situations. An Orientation Session is included in the program, is available to be delivered individually or via a group format, and should be completed prior to admission into the full Advanced Practice group (offered in an open-ended format.)

Group members continue to practice cognitive restructuring, emotion regulation, social skills, and problem solving throughout their participation in the group. The curriculum consists of four levels of challenge for the group member: Graduated Practice, Skill Selection, Multiple Skills, and Unguided Practice. Each level has a manualized session format to assist the facilitator in their delivery of the material. Additional Supplemental Sessions are also available as more advanced versions of core programming sessions and additional skills to practice (i.e. *Responding to Multiple Rejections and Failures, Dealing with a Crisis, Admitting you are Wrong, and Dealing with Authority*).

Facilitators must be trained in a cognitive-behavioral intervention curriculum (i.e. ART, CBI-CC, CBI-EMP, CBI-SA, CBI-SO) and individuals participating in the intervention must also have completed the same cognitive-behavioral intervention group curriculum.

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The facilitator training is a two day sessions for a maximum of 16 trainees, and is outlined below:

- Day 1: Overview of the Curriculum
Model of Orientation
Model and Practice of the Check-In process
- Day 2: Practice of the Group Facilitation Process (Levels)
Review of the Supplemental Sessions

Our goal is to provide a high-fidelity program. UCCI curricula and interventions are free to use! Our mission is to research, develop, disseminate and implement evidence-based practices in corrections. As such, we've worked with the university to offer this program at no "per-participant" fee. While copyrighted property of the University of Cincinnati, training materials received in our training events include permission to photocopy resources needed to facilitate interventions. Once trained facilitators have conducted at least two full rounds of the curriculum, they may be eligible to participate in a training-of-trainers' program to build agency sustainability of the program.

CONTACT

For more information about Advanced Practice, please contact UCCI Program Director Jennifer Scott at Jennifer.Scott@uc.edu or visit our website at www.uc.edu/corrections.