



Cognitive-Behavioral Interventions – Core Adult (CBI-CA) 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 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. The University of Cincinnati (UC) serves as the sole owner and proprietor of the copyright in the CBI-CA manual and training program.

OVERVIEW

Components of the 55-session curriculum include the following:

- Pre-treatment and Module 1: Motivational Enhancement
- 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

FACILITATOR TRAINING

The facilitator training, outlined below, is a four-day session for a maximum of 18 trainees.

- Day 1: Overview of the Curriculum, Description of Pre-Treatment, Module 1 overview/demo/teach backs
- Day 2: Modules 2 & 3 overview/demo/teach backs
- Day 3: Modules 4, 5 & 6 demonstration/teach backs
- Day 4: Modules 7 demonstration/teach backs, Modules 8 & 9 description/demonstration, Implementation discussion

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 CBI-CA, please contact UCCI Program Director Jennifer Scott at Jennifer.Scott@uc.edu or visit our website at www.uc.edu/corrections



SESSIONS

Pretreatment: Motivational Engagement

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

Module 1: Motivational Engagement

- Introducing the Curriculum
- Values Clarification
- Cost-Benefit Analysis
- Setting a Goal

Module 2: Intro to Cognitive-Behavioral Interventions

- Introducing the Cognitive-Behavioral Intervention
- Active Listening
- Giving Feedback
- Asking Questions
- Understanding Life History, Lifestyle Choices, and Personality Characteristics

Module 3: Cognitive Restructuring

- 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: Emotional Regulation

- 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

Module 5: Understanding Behavior Patterns

- 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: Choosing Behavior Responses

- 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: Problem Solving

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

Module 8: Planning your Future

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

Module 9: Success Planning

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