CR UNIT: FIGHTING AND VIOLENCE #1 (10 sessions)		
GOALS:	Reduction in assault and acting out behaviors. Success in handling feelings from specific problem situations. Participation, adherence to group rules. Demonstrated understanding, (CBT). Movement to Contemplation Stage,	
● PreContemplation - aggression and violence-specific ❑ engagement ❑ awareness ❑ acceptance	1	Worksheet - Fighting and violence Worksheet - Experiences with violence Changing thoughts, making choices that work #1 (The letter)
	2	CF6.1 - Aggravation #1 Aggravation and disrespect (1-4)
	3	CF6.2 - Aggravation #2 Aggravation and disrespect (5-8)
● Contemplation stage; correctional-specific trigger scenarios	4	Worksheet - Violence CC6 - I have my reasons Aggravation and disrespect #12
	5	GG13d.1 - Disrespect 1 Changing thoughts, making choices that work #3 (Respect) Aggravation and disrespect #17
	6	GG13d.2 - Disrespect 2 Aggravation and disrespect #15 Aggravation and disrespect #16
	7	CC8 - Retaliation A practical question #1 (The enemy)
	8	CF12-Where are you setting yourself up? On the unit #2 (Top dog) A practical question #12 (The lookout) A practical question #13 (Gang pressure)
	9	Aggravation and disrespect (5 elements #9-11) Worksheet - Take a look at what is going on around you (situational awareness and analysis) A practical question #14 (Recruitment) A practical question #6 (Making a change)
● Confidence assessment and action planning	10	FFT - Going forward CF-11 What are my options? Sharing a cell #12 (Agitation)

Optional: 3 session review element			
CF8	Adding to your troubles: Confidence assessment (SCQ)	Summary activity assesses confidence in handling a range of the most common high risk potential situations for violence in the correctional setting, (MI resource)	2
CF9	Adding to your troubles: Importance checklist	Summary activity assesses the degree of importance in avoiding violence in a range of common correctional high risk situations. (MI resource)	1