

Unit CR-E: Handling people problems here successfully #2 (10 sessions)

Objectives	GOAL: - Success in handling people problems; success in handling specific problem situations	
<ul style="list-style-type: none"> ● PreContemplation - aggression and violence-specific <input type="checkbox"/> engagement <input type="checkbox"/> awareness 	1	FFT - Jamal's story Worksheet: What happened in your life? CC3 - What does your future look like?
	2	FFT - The trade off CF4.1, CF4.2 Risk Factors
<ul style="list-style-type: none"> ● Contemplation stage, self-assessment, and change 	3	GG13.1- Respect, Part 1 Difficult situations #6a (Anger) FFT - Setting yourself up #5 (Becoming a target/borrowing and debts)
	4	GG13.2 - Respect, Part 2 People problems #6 (Peer pressure) FFT - Hard to say "no"
	5	CF15.1, CF15.2, CF15.3 - Bullying FFT - Vulnerability FFT - Setting yourself up #1 (Confidence)
	6	CF10 - A practical question: #2, #3, #4, #7
	7	CF10- a practical question #5 Dealing with tough feelings #2 (Relationships) Dealing with tough feelings #4 Difficult situations #6b (Anxiety)
	8	CC4 - Trust and Distrust Worksheet; Growing up around violence Difficult situations #6c (Depression or sadness) Dealing with tough feelings #1 (Loss issues)
<ul style="list-style-type: none"> ● Preparation/ determination; confidence assessment 	9	CF8 - Adding to your troubles: importance checklist Dealing with tough feelings #3 (Money and trust) People problems (bad choices)
	10	Dealing with tough feelings #5 Changing thoughts, making choices #4 CF9 - Adding to your troubles: confidence assessment (SCQ) Worksheet - Confidence scale
The final two sessions include important elements. See below:		
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)	
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)