

CR UNIT: HANDLING PEOPLE PROBLEMS HERE SUCCESSFULLY #3 (10 sessions)

GOALS: Success in handling people problems and trigger situations.
 Demonstrated understanding, (CBT).
 Movement to Contemplation Stage, and some (limited) Preparation//Determination Stage.
 Increased confidence in anticipation of specific high risk or problem situations (SCQ).

<ul style="list-style-type: none"> ● PreContemplation <input type="checkbox"/> engagement <input type="checkbox"/> awareness 	1	CC3 - What does your future look like? FFT - Why they have these places
<ul style="list-style-type: none"> ● Contemplation stage; correctional-specific trigger scenarios 	2	GG13cv - Criminal values FFT - Nobody tells me what to do
	3	CF4-1 Risk Factors #1 Sharing a cell #8 (Theft) Trigger events #5 Trigger events #6
	4	CF4-2 Risk Factors #2 Trigger events #7 Trigger events #8 Trigger events #10
	5	A practical question #8 (Loyalty) A practical question #15 (The mule) A practical question #5 (Leaders and followers) A practical question #4 (STG) A practical question #7 (Bad choices)
	6	Handling difficult situations #2 (Relationships and sex) Trigger events #9 Trigger events #4 People problems (bad choices) Summary element "C"
<ul style="list-style-type: none"> ● Preparation/ determination stage; drawing a line 	7	FFT - Agree or disagree TP2 - Drawing a line
	8	TP8 - Resilience Worksheet - What's important to me FFT - Masks
<ul style="list-style-type: none"> ● Assessment of importance; situational confidence assessment 	9	CF8 - Adding to your troubles: Importance checklist Worksheet - Change talk FFT - Some words I hate
	10	CF9 - Adding to your troubles: Confidence assessment (SCQ)