

Thinking for a Change (T4C)

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Program Goals: Designed to help individuals in the juvenile justice system take control of their lives by taking control of their thinking. T4C concentrates on changing the criminogenic thinking of offenders.

- Evidence-Based, integrated cognitive behavioral change program - incorporates research from **cognitive restructuring theory, social skills development, and the learning and use of problem solving skills**, addressing cognitive, social and emotional needs of youth. There is an extensive body of research that shows cognitive-behavioral programming, when implemented with integrity, significantly reduces recidivism of offenders.
- **Target Population:** Designed to be provided to **justice-involved youth**, males and females.

Currently being provided in: prisons, jails, detention centers, community corrections, probation and parole settings.

It is intended for **groups of eight to twelve** and should be delivered only by trained facilitators. Due to its integrated structure, T4C is a **closed group**, meaning members need to start at the beginning of a cycle, and may not join the group mid-stream (lesson five is a logical cut-off point for new group members).

- Note: *Program fidelity and integrity are critical to program success so it is important to follow the curriculum as designed. Facilitators have completed the Thinking for a Change Facilitator Training, offered by NIC, in a 44-hour blended learning experience*
- Comprised of **25 lessons** that build upon each other. (Not all lessons can be completed in one session, so a typical delivery cycle may take **30 sessions**.)
- Sessions should last **between one and two hours**, ideally, **twice a week**. Participants must be granted time to complete mandatory homework between each lesson.

- **Program Components:** T4C stresses interpersonal communication, skills development and confronts thought patterns that can lead to problematic behaviors.

Three components: *Cognitive Self-Change; Social Skills; Problem Solving Skills*

Cognitive Self Change – Component 1

- ✓ Teaches individuals a concrete process for self-reflection aimed at uncovering antisocial thoughts, feelings, attitudes and beliefs (i.e. “recognizing risk”, “using new thinking”)

Social Skills Instruction – Component 2

- ✓ Prepares group members to engage in pro-social interactions based on self-understanding and consideration of the impact of their actions on others (i.e. “active listening”, “knowing your feelings”)

Problem Solving Skills – Component 3

- ✓ Integrates the two previous interventions to provide group members with an explicit step-by-step process for addressing challenging and stressful real life situations (i.e. “make a plan”, “think of choices and consequences”)

AFTERCARE -

- Booster Sessions that can be used to craft an aftercare program to meet ongoing cognitive behavioral needs of your group members.
- 10 optional hours offered within a month.