Thinking Matters!
Cognitive Behavioral Training

Introduction:
Thinking Matters is a basic educational approach to self-risk management. Thinking Matters training presents basic cognitive behavioral concepts as a set of skills. These skills are the foundation of motivating change in problematic behaviors. Subjectivity and emotionality interfere with an individual’s ability to understand and control their own thinking and behavior. Thinking Matters is designed to help people to practice skills that reduce overly emotional or subjective interpretations of situations and people.

Duration/Format:
Thinking Matters training is a 14 hour training workshop.

Trainers will present a brief overview of cognitive behavioral concepts:
- Anti-social logic
- Group management
- Effective communication

Participant Objectives:

Participants will learn how to develop objective situation statements.

Participants will practice teaching others to create situation statements that interrupt anti-social logic using Thinking Matters work sheets.

Participants use thinking reports to identify risk in anti-social thinking patterns.

Participants will learn to identify thinking that reduces the risk of antisocial thinking patterns.

Participants will practice group management and effective communication using Thinking Matters worksheets.
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Training Schedule

Day 1

9:00AM Introductions & Housekeeping

Overview
Cognitive Change Principles
Criminal Thinking
Obstruction Tactics

Objective Situation Statements

Lunch

Objective Thinking Reports—Thinking Content

Q & A Group Discussion

Using Thinking Reports—Finding the Meaning

4:30 Adjourn/Debrief

Day 2

9:00AM Warm up Activity

Using Thinking Reports—Making Connections
Using Thinking Reports—Finding Risk

Lunch

Using Thinking Reports—New Thinking

Group Guided Practice

Q & A Group Discussion

4:30 Adjourn/Debrief