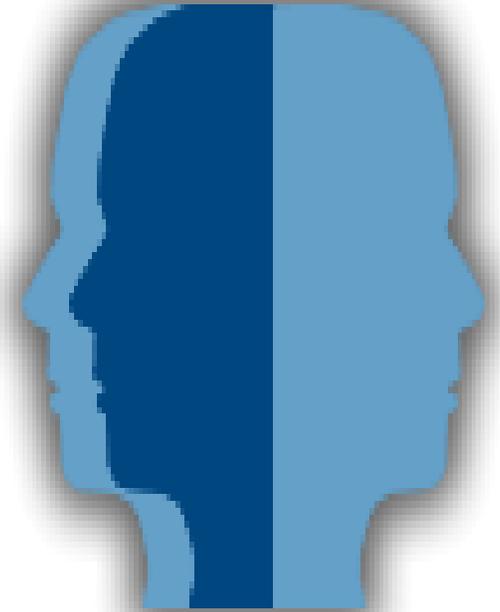


Program Organizer

JUSTICE POINT



T4C

THINKING FOR A CHANGE (T4C)

Integrated Cognitive Behavior Change Program

Thinking for a Change (T4C) is an integrated, cognitive behavioral change program for individuals that includes cognitive restructuring, social skills development, and development of problem solving skills.



The Program

Designed for delivery to small groups in 25 lessons, the T4C program can be expanded to meet the needs of specific participant groups. Participants can include males and females. Thinking for a Change has been developed to address the cognitive, social, and emotional needs of criminal justice involved populations.

The Principle

Thinking (internal behavior) controls actions (external behavior).

- Program targets thinking in order to change (criminal) actions

Target Audience

T4C is designed to address a wide base of clients whom have/are engaging in criminal conduct

- Clients engaging in (criminal) behavior due to under socialization (moderate risk)
- Clients engaging in planned and deliberate criminal acts supported by strong antisocial attitudes and beliefs (high risk)

Set Up

Thinking for a Change is run as a closed group. This means participants are enrolled and once group starts no new entrants will be allowed in the group .

Exceptions:

- On a case by case bases an individual discharged early from a group may be admitted into another running group. The individual being admitted must have completed the curriculum up to the level of the admitting group.

Rules

In order to ensure fidelity to the program some common ground rules are established prior to the start of groups.

- Participants must come to session ready to participate. This means homework is complete and ready to participate in role play exercises.
- Respect and objectivity is to be shown for all group participants.

- Attendance: 3 unexcused absences, 4th absence will result in discharge from group.

Additional Information

- Groups start with 10-14 members
- 25 lessons
- 2 sessions weekly
- 1.5–2 hour duration
- 13 weeks to complete program
- Doors are locked 15 minutes after group start time. No entry will be granted after grace period.
- Excused absences can be granted for emergencies. (court, medical)



Contact Us

JusticePoint

821 W. State Street Room 417
Milwaukee, WI 53233

(414) 223-1361
proberts@justicepoint.org

Visit us on the web: www.justicepoint.org/evidence