

A CBT Approach to Working with Offenders

A clear framework in which to analyse and work with most offenders.

Available in 3-day and 2-day versions for 6-15 people.

Executive Summary:

A cognitive approach to working with offenders gives a clear framework in which to analyse and work with most offenders. It is an approach that is increasingly being recognised as giving very good results when well delivered.

An underlying principle is that the offenders' behaviour (like that of everyone) depends largely upon a certain amount of thought processes and certain other behaviours. If we can change those thought processes and behaviours we can usually also change the offending.

This course aims to provide those working with offenders with sufficient knowledge of a cognitive approach to enable them to apply it safely to their caseload.

Socratic questioning and guided discovery. The AFEAD acronym. Logical errors and 'bald' statements. Why you never challenge a person, only their thinking. **How to do that:** short term appraisals and long term attitudes, belief and rules.

Positive self-talk and the 'Be your own best friend' technique. Strengths and drawbacks with these.

Specific techniques such as **empathy induction:** why developing victim empathy is so important. How to do it.

Structuring sessions with individuals. Why it is important to have a standard structure and how to use it.

How to capitalise on the course afterwards.

A **cognitive self-test** of your learning.

The Course Covers:

The definition and nature of a cognitive approach. The history of the approach and how this helps us today. What cognitive means, and why this is important. Dysfunctional thinking. The cognitive model, the importance of well developed clinical skills and how these apply.

The core of the cognitive model: the concepts of triggers for offending, and how one can teach people to see them differently. The idea of inhibitions and how they can be activated; the idea of 'mitigating the response' to at least reduce the offending. How to analyse your own clients in these terms.

How **early experience** can result in **dysfunctional attitudes, beliefs and rules**, leading to unhelpful perceptions of events. Possible courses of action and the likely outcomes. **How to work with such attitudes, beliefs and rules** to produce an equally all-persuasive beneficial effect.

The concept of mood and how it influences nearly every stage of the cognitive model. How, therefore, if we can alter the persons mood we can have far reaching effects on their **thinking and behaviour**. The major determinants of mood, and how to work with them. How producing a more stable mood can be very important when working with violent offenders.

'How to do' a cognitive approach, once you have understood the theory. Why the quality of relationship is so important in the cognitive approach, and how to use it for everyone's benefit. The major **dangers** of a poorly implemented cognitive approach and, especially, how it can make matters worse rather than better.

Delegates' Feedback

Average presentation rating: **90%**



Average relevance rating: **88%**



Written Feedback:

"Absolutely enthralling from start to finish. Very comprehensive and relevant but also concise!!"

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Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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