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National Criminal Justice Training Center of Fox Valley Technical College



Introduction to Cognitive Behavioral Therapy/Skill Development

August 19, 2020

Presenter: Dr. Anjali Nandi

Facilitator: Greg Brown

Live transcript/captions available at
<https://www.streamtext.net/player?event=TPA>



Webinar Information

This project was supported by Grant No. 2018-S4-BX-K002 awarded by the Bureau of Justice Assistance, Office of Justice Program, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Bureau of Justice Assistance, Office of Justice Program, U.S. Department of Justice.

Technical Overview

Expand/Collapse the control panel



Your audio will remain on MUTE during the entire webinar



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Question/Chat Box (Contact us with issues, ask a question, read messages)



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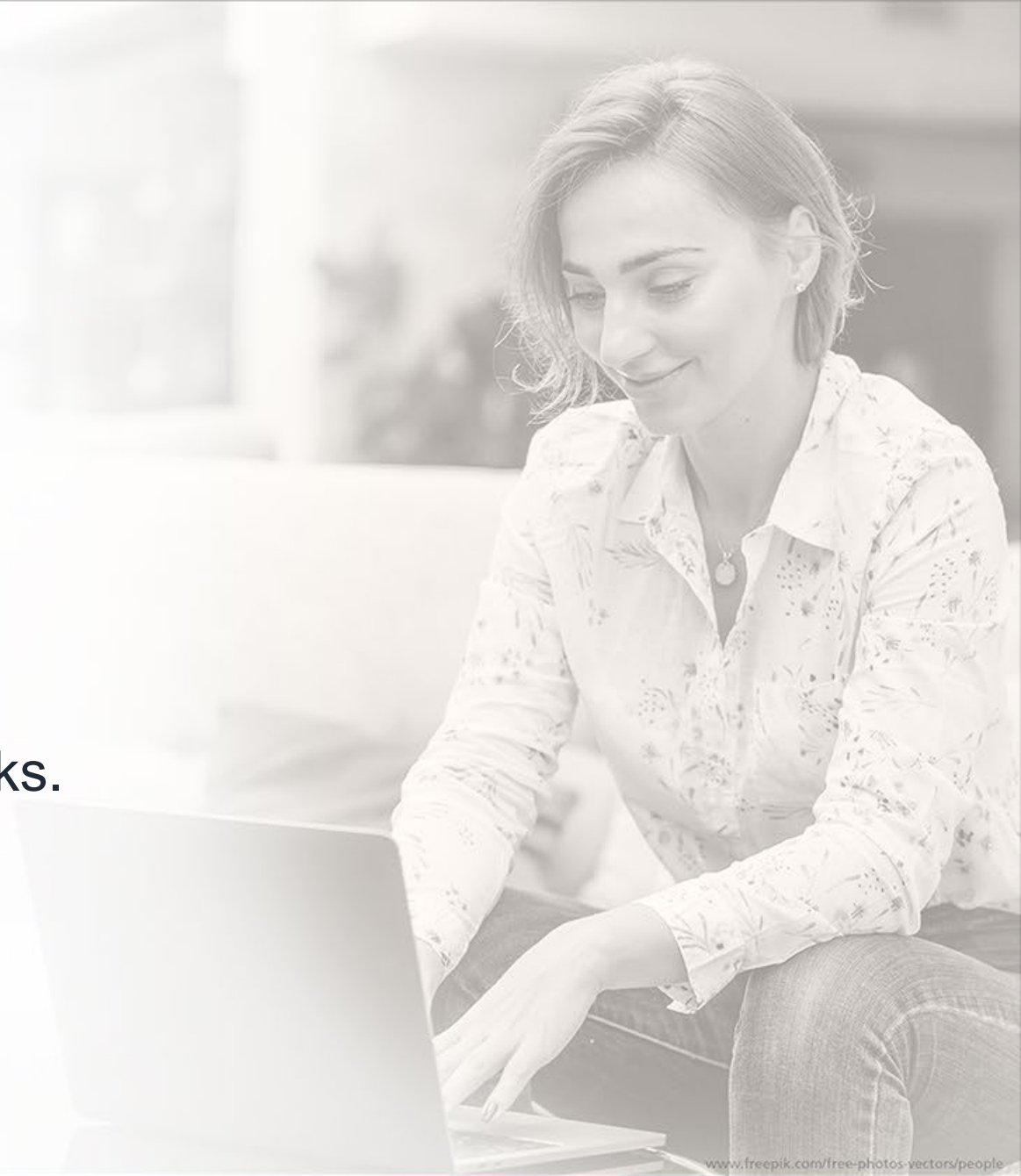


Post Webinar Information

- At the end of the webinar, a short evaluation will appear in a separate web browser window.
- Pop-up blocker must be turned “off.”
- You will receive an email within 2 weeks with instructions on how to access our webinar library, the recording of this webinar, additional webinars and self-paced courses.

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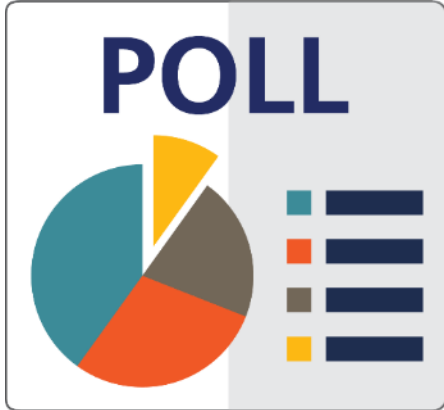
- Live Webinar = **YES**
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- What do I need to do?
 - **Attend the entire live webinar**
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- Attending as a group?
Email names to ncjtc@fvtc.edu.



Poll Questions

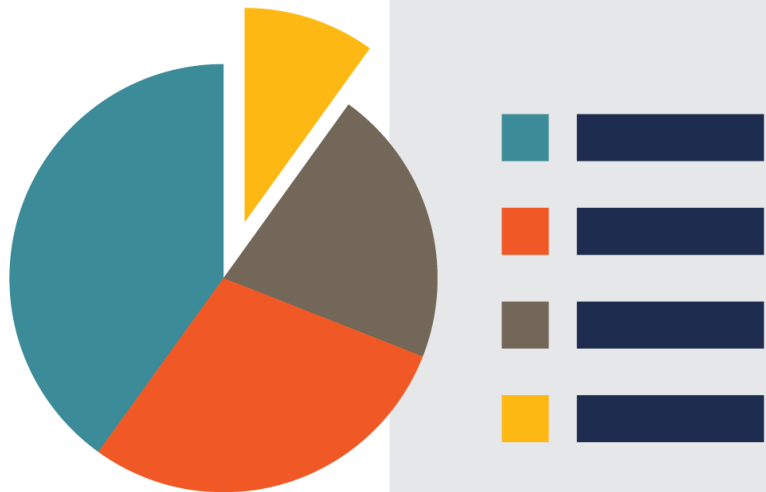
Poll questions may be asked during the webinar.

This is your time to weigh in with your thoughts.



Please respond promptly; polls are open for a short period of time.

POLL



Which of the following best describes your role?

- Victim Services / Victim Advocate
- Probation / Community Corrections
- Law Enforcement
- CAC, Social Worker, Mental Health
- Other

NCJTC Learning Objectives

- 1 Provide a deeper understanding of decision-making related to skill-building
- 2 Develop a deeper familiarity with the steps to skill-building
- 3 Describe how to weave skill-building into any conversation
- 4 Recognize and avoid common traps related to skill-building



Today's Presenter

Anjali Nandi, PhD, MAC, LAC
National Criminal Justice
Training Center (NCJTC)

Cognitive Behavioral Training

It is not the event, but our perception of the event that determines our reaction.



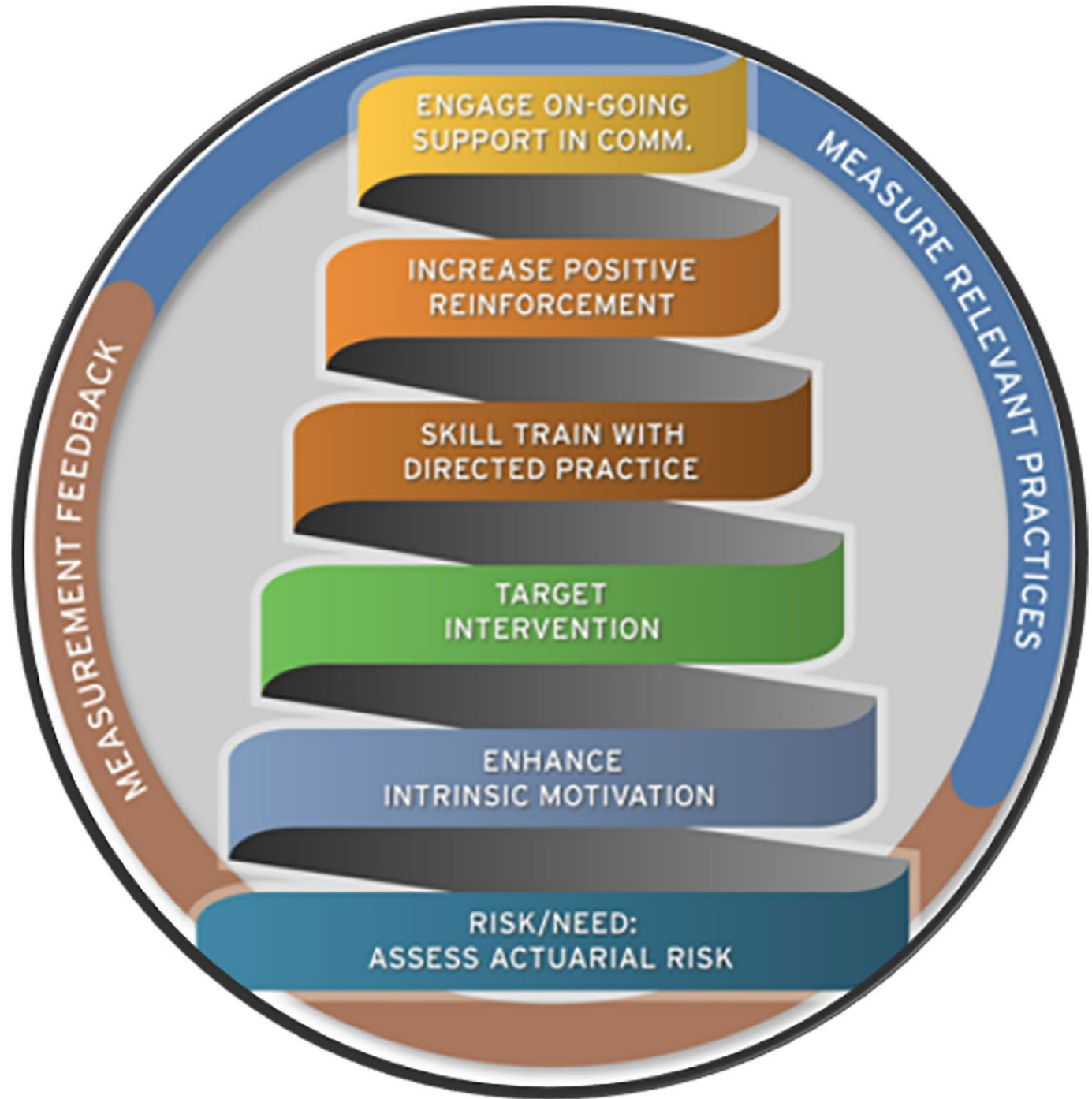
Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

-Viktor E. Frankl

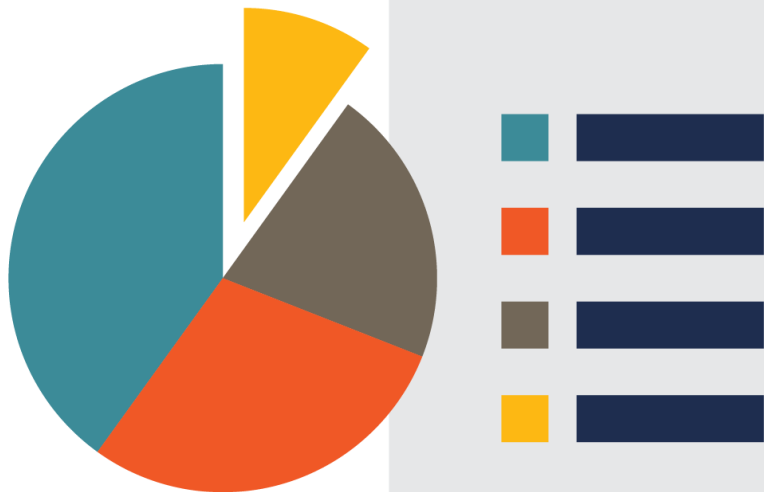
MIND THE GAP

 National Criminal Justice Training Center of Fox Valley Technical College

EIGHT GUIDING PRINCIPLES FOR RISK/ RECIDIVISM REDUCTION



POLL



What are some reasons you think we shy away from skill-building in our interactions?

- Feels weird
- Client resists
- Unsure how
- Doesn't help
- Other

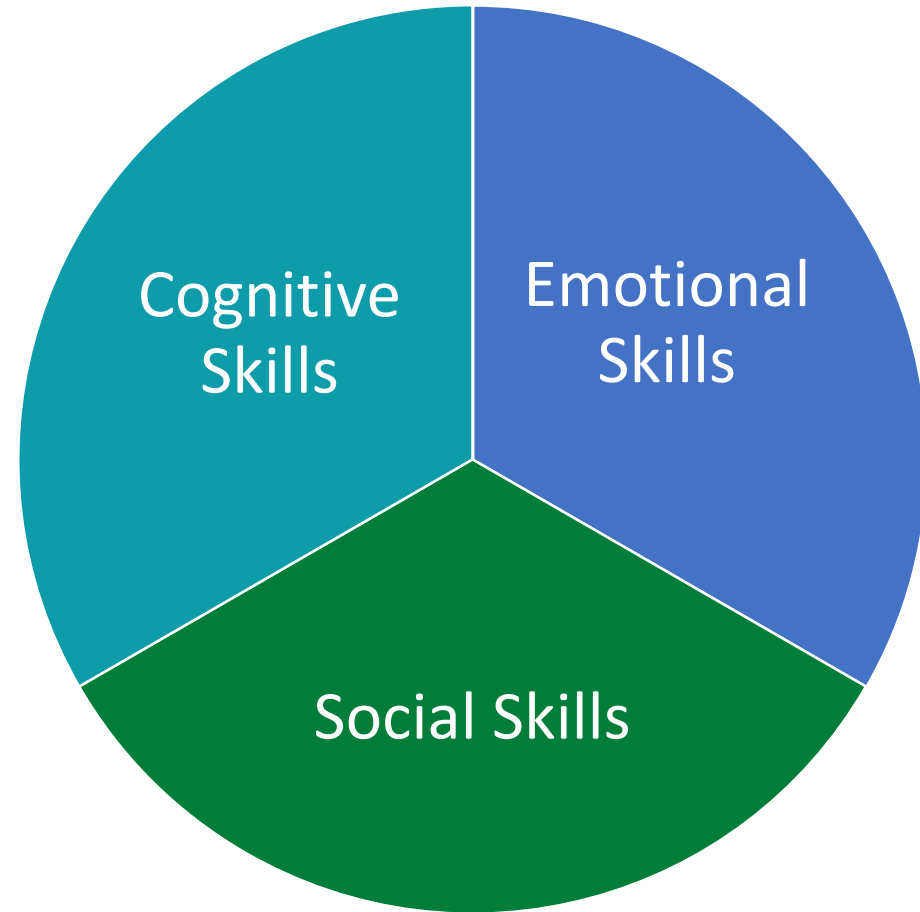


Skill Building Steps

Identify:

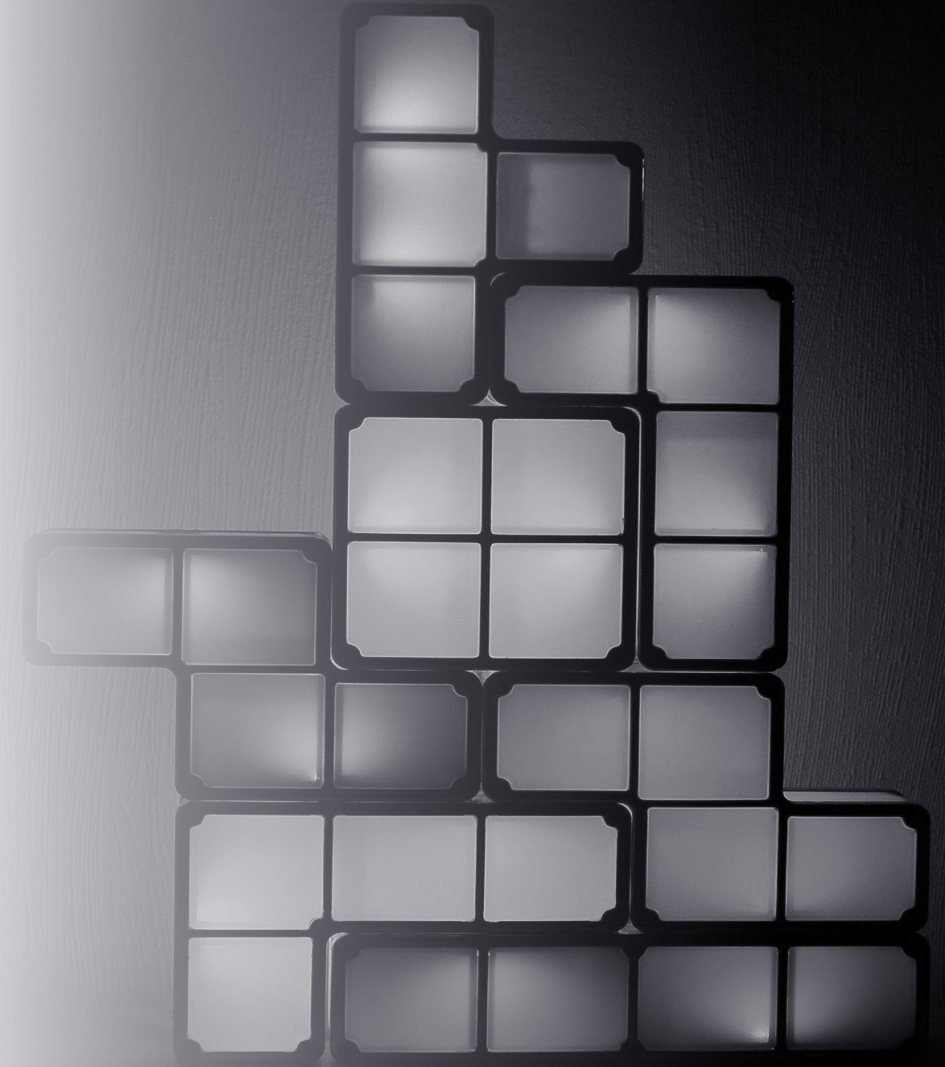
- Gap or Issue
- Clearly name skills (S)
- Opportunities to practice (O)
- Opportunities for feedback (F)
- Transferable scenarios (T)

Components of CBT



Restructuring Thinking

1. Identify thoughts
2. Thoughts vs. feelings
3. Thought stopping
4. Challenging
5. Replacing
6. Emotional tolerance



Thought Stopping Techniques

- Visualizing a stop
- Saying STOP out
- Using a rubber ba
- Distract yourself
- Move around, cha
stand up, sit down
- Exhale loudly



Ways to Develop Emotional Vocabulary

- Emotion cards
- Checking in using emotion cards
- Separating thoughts and feelings
- Emotion charades



Techniques for Emotional Management

- Emotional awareness
- Naming emotions
- Tolerating emotions (distress tolerance)
- How does the emotion inform my action
- Self-regulating techniques



Social Skills

Relational Awareness

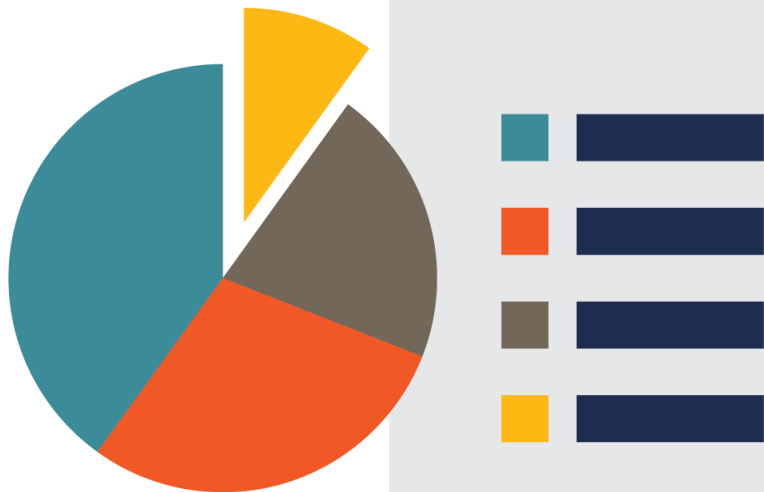
- Cognitive empathy
- Affective empathy

Relational Management

- Conversation skills
- Conflict resolution
- Giving and receiving feedback
- Assertiveness
- Boundaries



POLL



What areas do your clients struggle with the most?

- Cognitive skills
- Emotional skills
- Social skills
- All of it!

Decision-Making

Containment

Could the client benefit from additional structure or increased accountability

Capacity-building

Assess whether this is a motivation issue (I don't want to) or a skill issue (I don't know how)

Community

Explore what support the client has in the community





Central Eight Needs

Antisocial behavior

Antisocial personality pattern

Antisocial cognition

Antisocial peers

Substance abuse

Dysfunctional family relations

Employment/Education

Leisure/Recreation

Adherence to the Need Principle

Need Area	% Discussed When Need Present
Family/Marital	90%
Substance abuse	78%
Employment/Academic	57%
Peer problems	21%
Attitudes	9%

Modest adherence for some, minimal for others, especially the “Big Four”

Bonta et al., 2004, 2008

The Big Four – Antisocial Behavior

- Young age of entry
- Versatility of crime
- Inability to manage high-risk situations without criminal behavior

Targets of change

- ✓ Develop new behaviors for high-risk situations
- ✓ Develop self-efficacy for these behaviors
- ✓ Develop beliefs supporting these behaviors



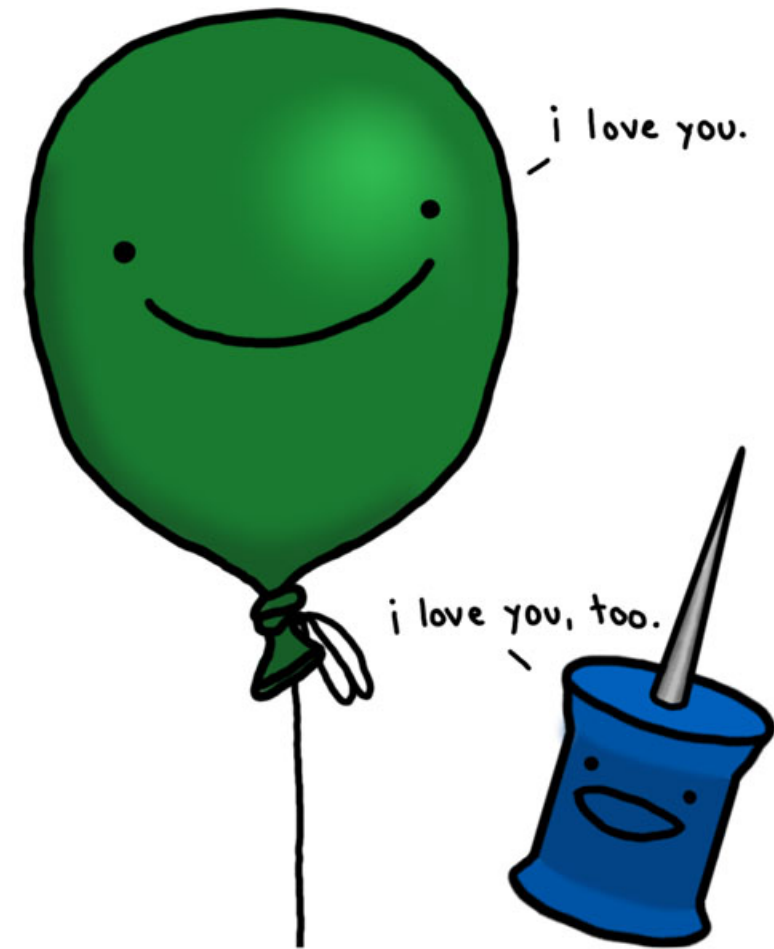
“Eviscerated” by Sheila Sund CC BY 2.0

The Big Four – Antisocial Personality Pattern

- Low impulse control
- Aggressive/easily angered
- Poor problem-solving
- Callous disregard

Targets of change

- ✓ Develop skills in these areas above
- ✓ Develop self-efficacy for these skills
- ✓ Develop beliefs supporting these skills

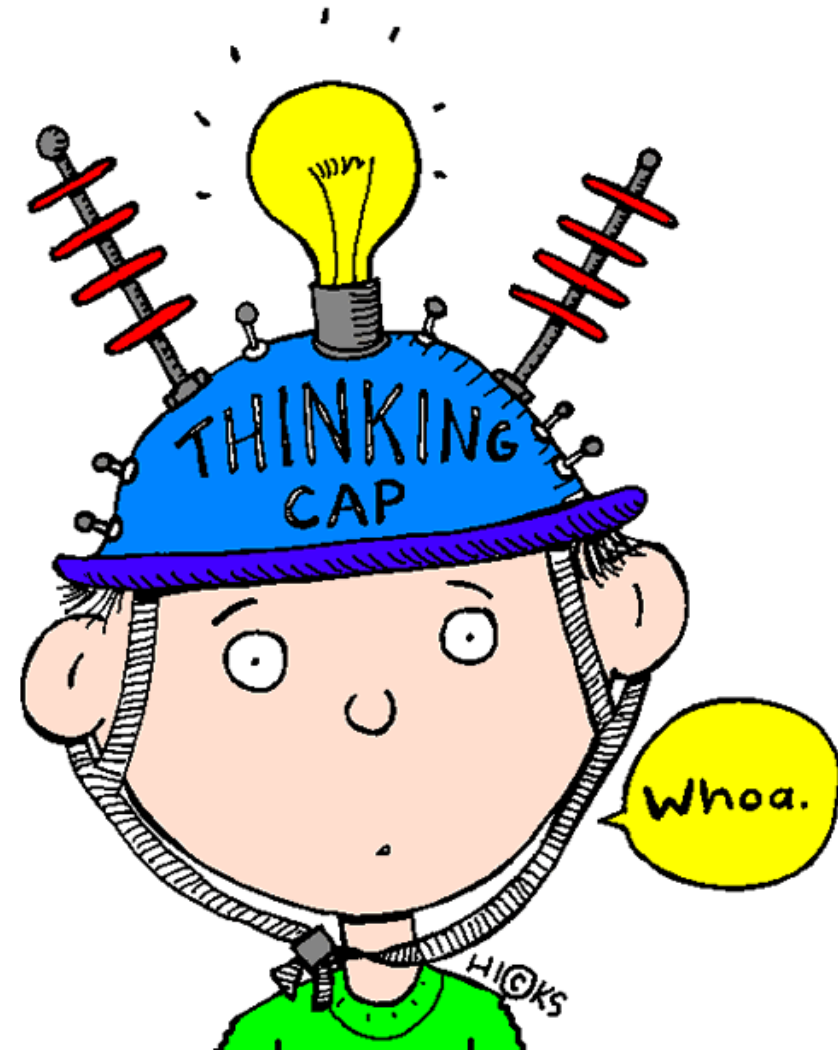


The Big Four – Antisocial Cognition

- Presence of crime-favoring:
 - Attitudes
 - Values
 - Beliefs
 - Rationalizations
 - Personal identity

Targets of change

- ✓ Cognitive restructuring
- ✓ Building and practicing pro-social cognitions



Practice Strategies

In the moment role-play

Imagine if...

Have a redo

Convince me...

And what if...

Evidence for/against

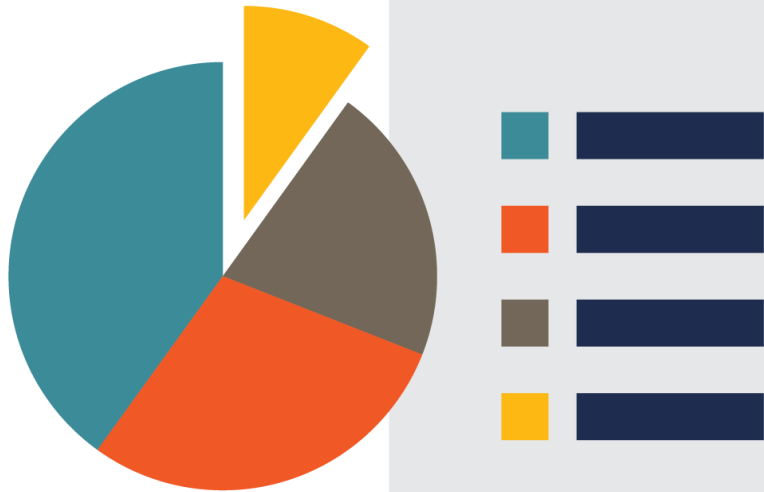
Let's give it a shot



Contingency Management

- Identify target population
- Identify target behavior
- Offer a choice of a reinforcer
- Offer an incentive magnitude
- Define the incentive distribution frequency
- Determine incentive timing
- Determine duration of the incentive

POLL



What areas do you feel you could use more training in?

- Skill-building in the moment
- Identifying target behaviors
- Assessing criminogenic need
- Contingency management
- All of it!

CBT Curricula

- Quick Skills
- Carey Guides
- Probation and Parole Treatment Planner
- Strategies for Self-Improvement and Change
- Mind over Mood
- Thinking for a Change
- Moral Reconation Therapy

Resources listed are for information purposes only and do not represent an endorsement.





Contact Information

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Upcoming Virtual TTA

- **September 9, 2020 | 1:00 PM – 2:30 PM CT**
 - ✓ *Introduction to the Neurobiology of Trauma*
- **September – December 2020**
 - ✓ *Mini Tribal Probation Academy*

Registration emails coming soon...

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