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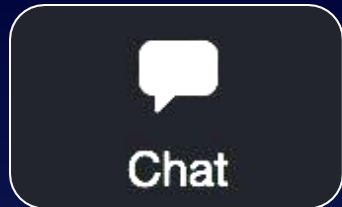
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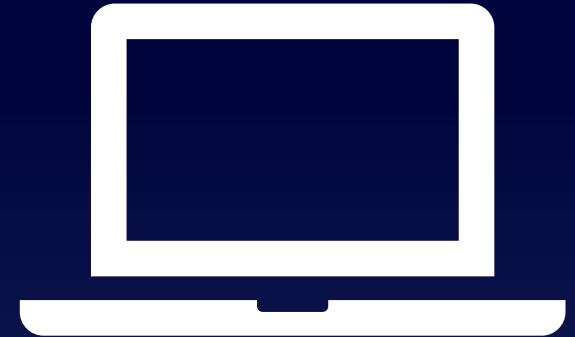
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Cognitive Behavioral Skill Building Using Quick Skills

June 12, 2024 | Presented by:

Dr. Anjali Nandi, PhD, LAC, MAC

Grant Funding Acknowledgement

This webinar was provided under award #15PBJA-22-GK-01133-TRIB, provided by the Bureau of Justice Assistance (BJA), U.S. Department of Justice (DOJ).

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Today's Presenter

Dr. Anjali Nandi, PhD, MAC, LAC
Associate, NCJTC

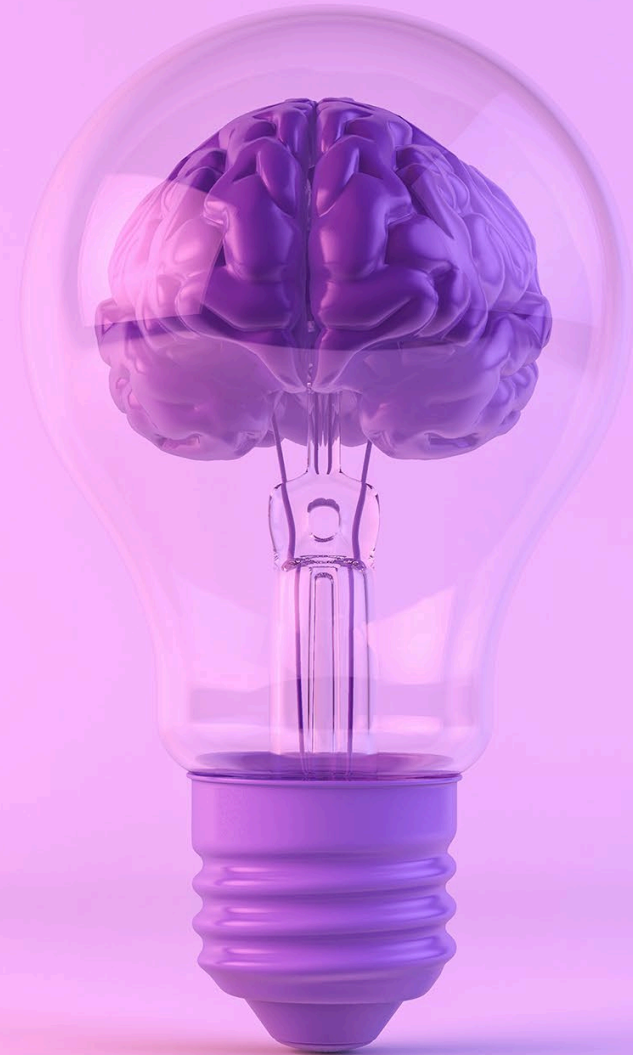
Learning Objectives

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



Cognitive Skill Building

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

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MIND THE GAP

Building these cognitive behavioral skills literally strengthens and heals our brain.



Why is This Important?

- Related to success in family, school, work
- Fewer conduct problems
- Lower emotional distress and positive well-being
- Improved academic outcomes



Executive Functioning Skills as a Buffer

- Public assistance
- Criminal Involvement
- Addiction

Mitigates the negative impacts of adverse childhood experiences, trauma, and substance misuse



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



Emotional
Skills



Social
Skills



Cognitive
Skills

Skills Regarding Self

- Increasing Self-Awareness
- Identify thoughts and emotions
- Developing Skills to Manage Ourselves
- Growth Mindset



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 sign
- Saying STOP out loud
- Using a rubber band on your wrist
- Distract yourself
- Move around, change your position – 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

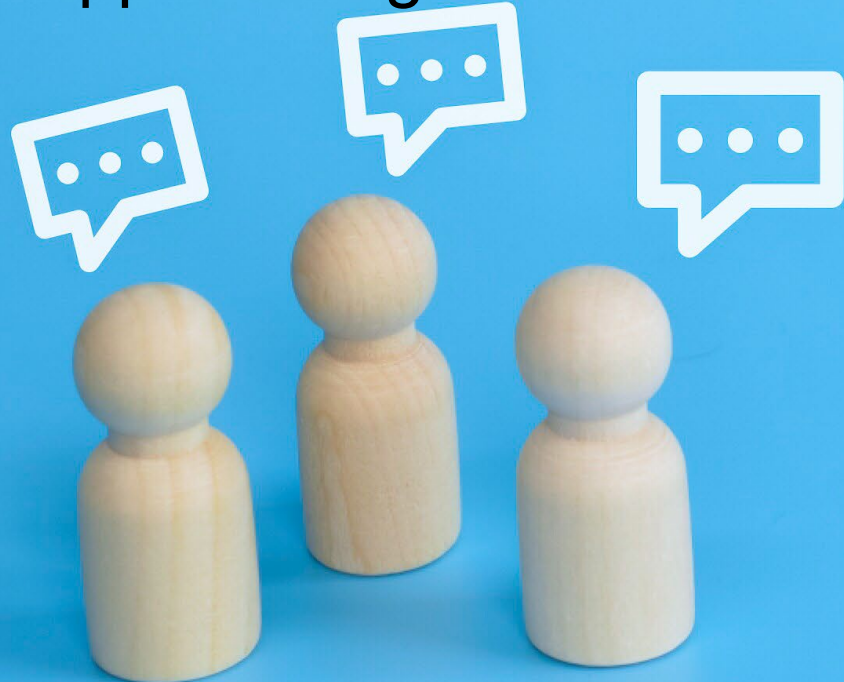
- Emotional awareness
- Naming emotions
- Tolerating emotions (distress tolerance)
- How does the emotion inform my action
- Self-regulating techniques



Social Skills

Relational Awareness

- Cognitive empathy
- Affective empathy
- Appreciating difference



Relational Management

- Conversation skills
- Conflict resolution
- Giving and receiving feedback
- Need versus position
- Boundaries
- Managing social pressure

How do we Support Skill Development?



Naming



Modeling



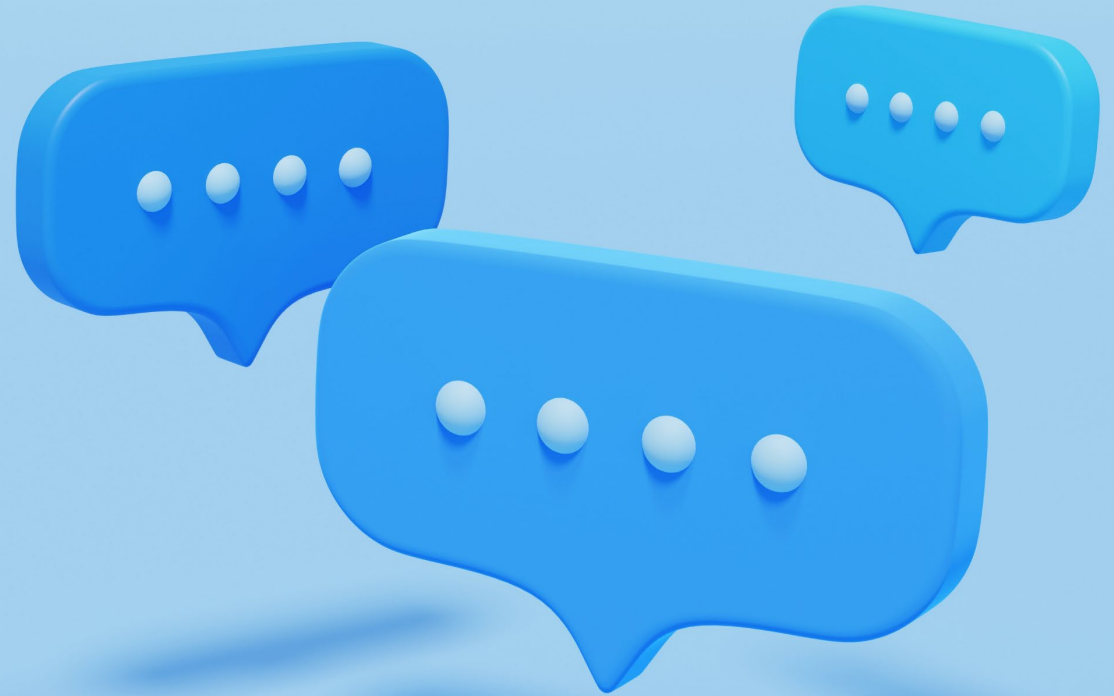
Exploring



Practicing

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



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 Reconciliation Therapy



Helpful Links

[KBSolutions Quick Skills](#)

[KBSolutions Cognitive Materials](#)

[Hertfordshire Wellbeing Services Cognitive Behavioural Therapy \(CBT\) Skills Workbook](#)

[National Institute of Corrections CBT Topics and Resources](#)



Contact Information & Final Q&A



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September 11, 2024 | 1:00 – 2:30 PM CT

✓ *Case Planning*

August 21, 2024 | 1:00 – 2:30 PM CT

✓ *Assessment*

October 16, 2024 | 1:00 – 2:30 PM CT

✓ *Decision-Making Using RNR and the Good Lives Model*

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July 10, 2024 | 1:00 – 2:00 PM CT

✓ *Decision-Making and Critical Thinking*

September 4, 2024 | 1:00 – 2:00 PM CT

✓ *Reentry Issues and Reintegration*

August 8, 2024 | 1:00 – 2:00 PM CT

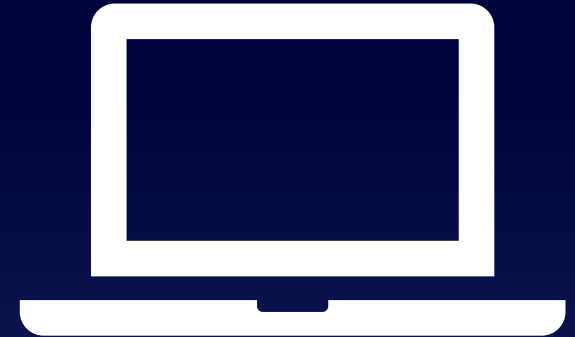
✓ *Collaborating with Stakeholders with
Different Priorities*

October 2, 2024 | 1:00 – 2:00 PM CT

✓ *Change Management*

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