

Cognitive Behavior Therapy (CBT) for Justice-involved Populations

Dr. James Carter, Ph.D.

Learning Objectives

- Identify at least two benefits of community supervision versus incarceration
- Identify at least two dynamic risk factors related to recidivism
- List at least two mental health symptoms impacted by incarceration and at least two current CBT models to address needs of persons involved in criminal justice systems
- Identify at least one ethical principle related to providing mental services to persons involved in the criminal justice system
- Explain the rationale for using thought records and how to utilize behavioral experiments
- Describe at least two cognitive behavior strategies for helping persons with substance use disorders

Day 1

<i>Time</i>	<i>Activity</i>
8:00 am – 8:30 am	Sign-in
8:30am – 9:00am	Introductions/Objectives
9:00am – 10:15am	Key Concepts in Criminal Justice Systems Possible Experiences During Incarceration
10:30am – 10:45am	Break
10:45am- 12:00pm	Challenges Related to Re-Entering Communities Small Group Activity 1 – Preparing for life after conviction
12:00pm- 1:00pm	Lunch
1:00pm – 2:00pm	Risk-Need-Responsivity (RNR) Model for Service Delivery in Criminal Justice (CJ) Systems Small Group Activity 2 – How recidivism risk factors relate to current work duties
2:30pm- 2:45pm	Break
2:45pm – 3:30pm	CBT in CJ Systems
3:30pm – 4:15pm	Ethical Considerations Small Group Activity 3 – Discussing thoughts, feelings, policies and challenges
4:15pm – 4:30pm	Wrap – Up: Questions, Comments.

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Day 2

<i>Time</i>	<i>Activity</i>
8:00 am – 8:30 am	Sign-in
8:30am – 9:00am	Review, and Overview of Day 2
9:00am – 10:15am	Overview of CBT
	Small Group Activity 4 – Underlying Mechanisms of CBT
10:30am – 10:45am	Break
10:45am- 12:00pm	Cognitive Restructuring with Thought Records
	Paired Activity 1 – Thought Records Practice
12:00pm- 1:00pm	Lunch
1:00pm – 2:30pm	Underlying Assumptions and Behavioral Experiments
	Paired Activity 2 – Behavioral Experiments Practice
2:30pm- 2:45pm	Break
2:45pm – 3:30pm	CBT for Substance Use Disorders
	Small Group Activity 5 Reflection and Integration
3:30pm – 4:15pm	Workshop Reflection – Goals, Obstacles, and Solutions
4:15pm – 4:30pm	Wrap – Up: Questions, Comments