

## Overview

Thinking for a Change (T4C) is a cognitive behavior change program. The group is taught over a 12–15 week period, with participants required to attend two hour weekly group sessions. T4C is a combination of cognitive restructuring, problem solving and social skills. Participants begin the program by learning the steps of cognitive self-change and social skills. Participants demonstrate an understanding of the new skills through active role plays and skill demonstrations. In the concluding sessions of T4C, participants are taught the steps of problem solving; using the knowledge of cognitive self-change and social skills to successfully resolve problems.

More information can be found on the National Institute of Corrections website.  
<http://nicic.gov/t4c>

T4C is facilitated by trained facilitators. Groups will be held in Portage, WI. Transportation will be provided by the youth and their parents.

Program materials and snacks will be provided. Homework will be an expectation of each participant.

All excused absences are to be approved by your social worker prior to your absence. Accumulation of 2 unexcused absences will result in immediate discharge of group.

*By taking charge  
of our thinking  
we can take  
control of our  
lives*

## COLUMBIA COUNTY

### Mailing Address

PO Box 136  
111 E Mullett  
Portage, WI 53901

Phone: 608-742-9227

Fax: 608-742-9700

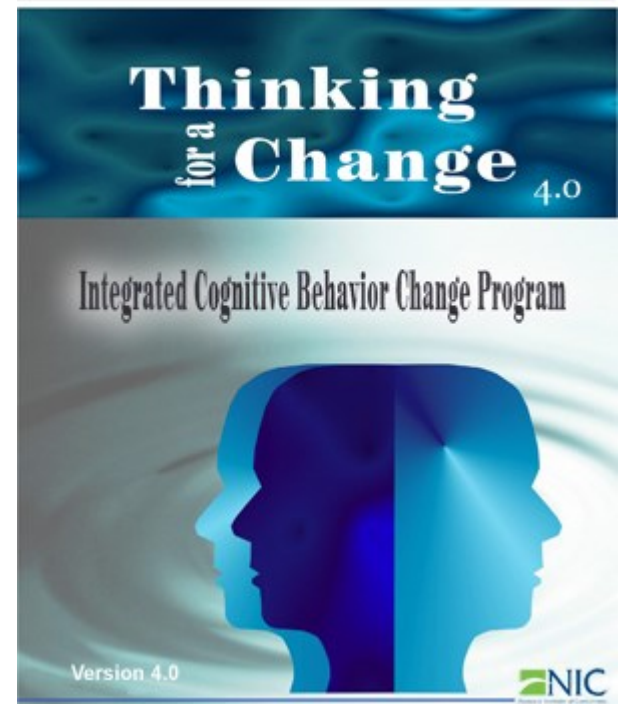
E-mail:

[jenny.skadahl@columbiacountywi.gov](mailto:jenny.skadahl@columbiacountywi.gov)

## COLUMBIA COUNTY

# Thinking for a Change

U.S. Department of Justice  
National Institute of Corrections



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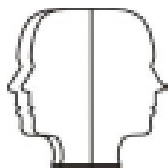
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# Thinking for a Change - Integrated Cognitive Behavioral Change

## Lessons

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



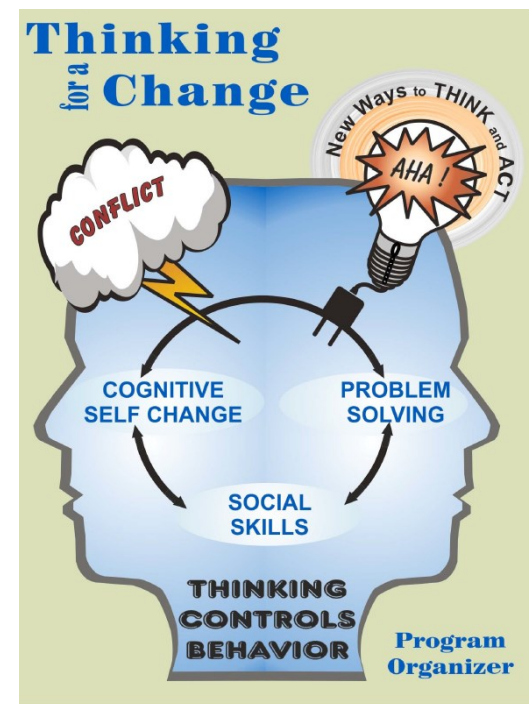
T4C developers

include Barry Glick, Ph.D.; Jack Bush, Ph.D.; and Juliana Taymans, Ph.D. in cooperation with the National Institute of Corrections.

1. Active Listening
2. Asking Questions
3. Giving Feedback
4. Knowing your Feelings
5. Thinking Controls our Behavior
6. Pay Attention to our Thinking
8. Recognize Risk
9. Use New Thinking
10. Thinking Check-in
11. Understanding the Feelings of others
12. Making a Complaint
13. Apologizing
14. Responding to Anger
15. Negotiating
16. Introduction to Problem Solving
17. Stop & Think
18. State the Problem
19. Set a Goal & Gather Information
20. Practice Problem Solving Skills 1-3
21. Think of Choices & Consequences
22. Make a Plan
23. Do & Evaluate
24. Problem Solving– Application
25. Next Steps

## Concepts & Definitions

1. **Thinking** is what we say to ourselves inside our head.
2. **Internal control** is control of our thinking and feelings.
3. **Cognitive Self-Change**– Paying attention to the thoughts and feelings that go on inside of us to recognize and use new thinking to avoid trouble.
4. **Social Skills** are behaviors or abilities we use in situations involving other people. Good social skills can help us get closer to our goals.
5. **Problem Solving** is a set of skills to help make better choices.



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