

Cognitive Prevention Class - Course Outline

This 13 week class(or 3 day intensive seminar) class teaches strategies on how to avoid relapse and high risk behaviors also how to cope with unforeseen situations that cause clients to be reactive.

Benefits: *Client will understand anger and relationship to aggression, learn skills to cope with frustrations and stressors.*

Session 1:

- Paradigm Shift - demonstrating how our cognitive behavior is influenced by how we view the world, explain what exactly a paradigm shift is

Session 2:

- Definition of violence - 4 types of violence

Session 3:

- CBT Awareness concept

Session 4:

- Decision making

Session 5:

- Fight or Flight - win/win strategies

Session 6:

- Coping skills

Session 7:

- Role plays - faulty beliefs

Session 8:

- Goals - SMART

Session 9:

- Boundaries

Session 10:

- Situational Scenarios (open discussion)

Session 11:

- Relapse prevention plan

Session 12:

- "Street Code"

Session 13:

- What did you learn in this class (open discussion), graduation.