

# Court Ordered Programs Inc.

## Court Ordered Classes



*A Probation Department Approved Program Provider*

### Cognitive Thinking Program Course Curriculum

#### **Policy**

To establish the goals and objectives by which the Court Ordered Programs pursues its day-to-day operation. Court Ordered Programs implements the following policy of goals and objectives:

To provide a safe, confidential, therapeutic and professional environment where clients can receive services which meets their needs. To consistently implement all appropriate Federal and State standards that apply. To provide group from appropriately licensed/certified staff. To utilize a clinical team of State licensed, certified professionals to evaluate and establish an individualized treatment plan for each client. To provide the highest quality treatment possible. To consistently apply performance improvement and outcome measures to ensure quality treatment is monitored and maintained. To assist clients in attaining healthy and productive lives free of the negative influences and consequences. To have clients improve their functioning level in their communities and with their families, and, to have clients will develop appropriate tools, support systems and continue interaction with these systems post discharge. It is hoped that the skills learned during this program will last a lifetime.

### Cognitive Thinking Program Outline

INTAKE will be completed upon Program enrollment. Groups are available daily.

- |   |  |                                   |
|---|--|-----------------------------------|
| 1. Intake and Program Introduction              | 23. Self-Talk and Personal Stories         | 45. Factors That Affect the After |
| 2. Self-Efficacy Beliefs                        | 24. Handling Anger Effectively             | 46. Troubleshooting Goal Setting  |
| 3. Self-Defeating Behaviors                     | 25. Defusing Anger by Managing Stress      | 47. Agenda Setting Reviewed       |
| 4. Who Are You?                                 | 26. Mid or End Course Survey               | 48. BAD RAP Categories            |
| 5. Specifications for the Cognitive Protocol    | 27. Revisiting Self-Efficacy               | 49. Initial Awareness             |
| 6. Stress Buster Project                        | 28. Self-Defeating Behaviors Revisited     | 50. Character Defects             |
| 7. Cognitive Distortions                        | 29. Looking at the Real "You"              | 51. Managing Stress Reviewed      |
| 8. Log Your Thinking                            | 30. Cognitive Test Protocol Specifications | 52. Exiting Essay                 |
| 9. Change Life by Changing Your Thinking        | 31. Building Balance into Your Life        |                                   |
| 10. Thinking for a Change                       | 32. Struggling with Cognitive Distortions  |                                   |
| 11. Social Skills                               | 33. Challenging Faulty Thinking            |                                   |
| 12. Asking Questions                            | 34. Put Change into Action                 |                                   |
| 13. Giving Feedback                             | 35. Cognitive Self-Change                  |                                   |
| 14. Knowing Your Feelings                       | 36. Overview Social Skills                 |                                   |
| 15. Self-Change: Thinking Controls Our Behavior | 37. Asking More Questions                  |                                   |
| 16. In-Visioning                                | 38. Giving More Feedback                   |                                   |
| 17. The Before                                  | 39. Knowing Your Feelings Revisited        |                                   |
| 18. Human Collisions                            | 40. Pay Attention to Your Thinking         |                                   |
| 19. Life Throws Us Curves                       | 41. Key Assumptions                        |                                   |
| 20. The After                                   | 42. Life Journey Risks                     |                                   |
| 21. Goal Setting                                | 43. Factors That Affect the Before         |                                   |
| 22. Agenda Setting                              | 44. Life's Trials and Tribulations         |                                   |

**Edward Abasta**

Clinical Director

**O. Nardos**

Program Director

Adheres to the standards of State Penal Code Sections under the components of all our Provided Programs.  
All State Acceptances and Certificates can be found on our Corporate Website - [www.cop-i.com](http://www.cop-i.com)

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