



The University of Cincinnati (UCCI) Cognitive-Behavioral Intervention for Sexual Offending (CBI-SO) is a structured curriculum intended for individuals who are moderate to high need in the area of sexual offending. This curriculum can be delivered as a stand-alone intervention or incorporated into larger programs, particularly those designed for clients in the correctional system. As the name of the curriculum suggests, this intervention relies on a cognitive-behavioral approach to teach participants strategies for avoiding sexual offending and related behaviors. Specifically, the program emphasizes skill-building activities to assist with cognitive, social, emotional, and coping skills development. The goal is to increase the value participants place on pro-social thoughts and choices. This curriculum was developed in 2014 through partnership with the Ohio Department of Rehabilitation and Corrections and Volunteers of America. The University of Cincinnati (UC) serves as the sole owner and proprietor of the copyright in the CBI-SO manual and training program.

OVERVIEW

Components of the 51-session curriculum include the following:

- Pretreatment Module
- Module 1: Motivational Engagement
- Module 2: Introduction to Basic Cognitive-Behavioral Concepts
- Module 3: Cognitive Restructuring
- Module 4: Emotional Regulation
- Module 5: Social Skills
- Module 6: Problem Solving
- Module 7: Success Planning

FACILITATOR TRAINING

The facilitator training is a three day sessions for a maximum of 18 trainees, and is outlined below:

- Day 1: Overview of the Curriculum, Module 1 description/demonstrations/teach backs
- Day 2: Modules 2 - 5 description/demonstrations/teach backs
- Day 3: Modules 5 - 6 description/demonstrations/teach backs, Implementation discussion
- Day 4: Modules 6 - 7 description/demonstrations/teach backs, Implementation discussion

Our goal is to provide a high-fidelity program. UCCI curricula and interventions are free to use! Our mission is to research, develop, disseminate and implement evidence-based practices in corrections. As such, we've worked with the university to offer this program at no "per-participant" fee. While copyrighted property of the University of Cincinnati, training materials received in our training events include permission to photocopy resources needed to facilitate interventions. Once trained facilitators have conducted at least two full rounds of the curriculum, they may be eligible to participate in a training-of-trainers' program to build agency sustainability of the program.

CONTACT

For more information about UC's CBI-SO program, please contact UCCI Program Director Jennifer Scott at Jennifer.Scott@uc.edu or visit our website at www.uc.edu/corrections.



SESSIONS

Pretreatment

- Exploring Reasons People Resist
- Rethinking Resistance
- Weighing the Pros and Cons

Module 1: Motivational Engagement

- Introducing the Curriculum
- Clarifying Values
- Setting a Goal
- Weighing the Costs and Benefits
- Social Skill – Reflective Listening
- Social Skill – Giving Feedback
- Developing Emergency Strategies
- Developing Emergency Strategies (Continued)

Module 2: Introduction to Basic Cognitive-Behavioral Concepts

- Introducing the Behavior Chain
- Understanding Life History and Lifestyle Factor
- Recognizing High Risk Situations
- Starting the Success Plan

Module 3: Cognitive Restructuring

- Common Risky Thoughts
- Recognizing Risky Thinking
- Replacement Thoughts
- Replacing Risky Thinking with Replacement Thoughts
- Cognitive Skill: Thought Stopping

Module 4: Emotional Regulation

- Introduction to basic Concepts for Emotion Regulation
- Recognizing Your Feelings
- Communicating Your Feelings
- Understanding the Feelings of Others
- Responding to the Feelings of Others
- Learning Self-Control

(Module 4 Continued)

- Using Self-Control
- Dealing with Negative/Stressful Life Events
- Managing Anger
- Dealing with Hostility
- Dealing with Rejection and Failure
- Dealing with Anxiety/Fear

Module 5: Social Skills

- Asking for Help
- Taking the Perspective of Others
- Dealing with Mixed Messages
- Dealing with Criticism
- Resolving Conflict
- Avoiding Trouble with Others
- Asking Permission
- Disclosing Personal Information
- Communicating Interest
- Communicating Disinterest

Module 6: Problem Solving

- Introduction to Problem Solving
- Identifying the Problem and Goal
- Brainstorming Options
- Planning and Trying Your Solution

Module 7: Success Planning

- Re-exploring History and Lifestyle
- Getting to the Source
- Reinventing My Life
- Identifying a Social Support Network
- Staying on Track
- Rehearsing My Plan
- Presenting My Plan