



Thinking for a Change

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Thinking for a Change (T4C) is an integrated cognitive behavioral change program, authored by Jack Bush, PhD, Barry Glick, PhD, and Juliana Taymans, PhD, in conjunction with the National Institute of Corrections, that includes:

- Cognitive Restructuring Theory
- Social Skills Development
- Problem-Solving Skills

T4C stresses interpersonal communication skills development and confronts thought patterns that can lead to problematic behaviors.

**"Changing our mindsets for better outcomes."
- T4C Facilitator**

Program Design

- 25-lesson course that encourages clients to review past situations and learn cognitive behavioral, social, and problems solving skills to improve outcomes (may be completed in 30 sessions)
- Each session is about 1 to 2 hours, twice per week
- Cohorts will comprise of clients of the same likelihood to succeed level
- Cohorts will be gender-responsive



Client Benefits

- Development of new thought processes which lead to healthy behavior
- New thought processes can assist with conquering difficult situations
- Skill building and practice opportunities
- Program participation may foster successful completion of probation and reduce recidivism
- Participation in program as an intermediate sanction in lieu of more formal violations

Program Layout

1: Introduction	6: Thinking Controls Our Behavior	11: Understanding the Feelings of Others	16: Introduction to Problem Solving	21: Think of Choices and Consequences
2: Active Listening	7: Pay Attention to Our Thinking	12: Making a Complaint	17: Stop and Think	22: Make a Plan
3: Asking Questions	8: Recognize Risk	13: Apologizing	18: State the Problem	23: Do and Evaluate
4: Giving Feedback	9: Use New Thinking	14: Responding to Anger	19: Set a Goal and Gather Information	24: Problem Solving Practice
5: Knowing Your Feelings	10: Thinking Check-in	15: Negotiating	20: Practice Problem Solving Skills 1, 2 and 3	25: Next Steps

■ Social Skills
 ■ Cognitive Self-Change
 ■ Problem Solving

Become a T4C Facilitator

Should you wish to engage in the exciting prospect of becoming a T4C Facilitator and contributing to the enhancement of clients' well-being, we encourage you to monitor the Departmental announcements regarding facilitator training. For further details on training specifics, please feel free to reach out to elett@acgov.org or jmason@acgov.org.