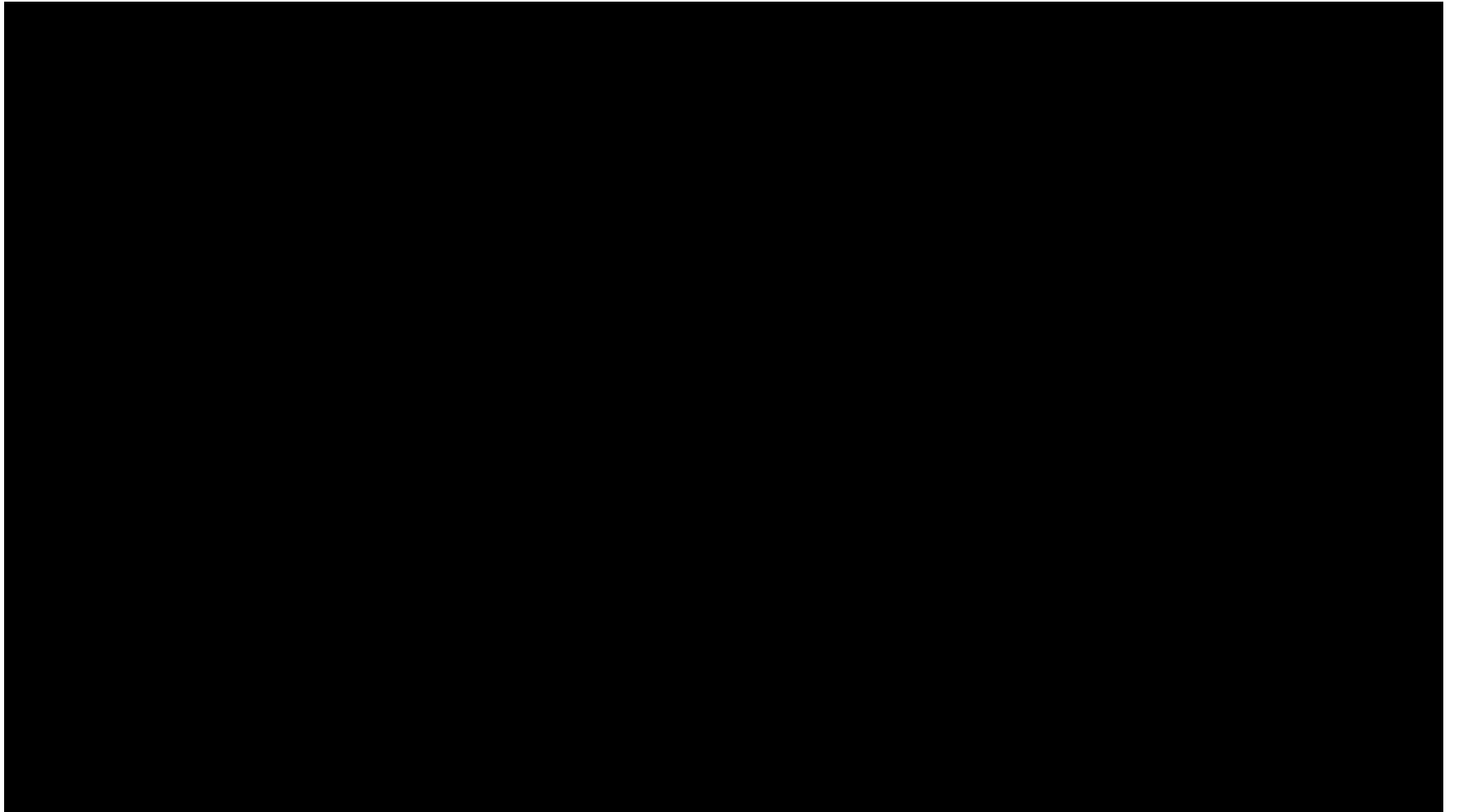


Cognitive Behavioral Relapse Prevention

Northwestern Oklahoma State University



Cognitive

- Thoughts
- Beliefs
- Attitudes
- Feelings
- Opinions
- Ideas
- Rationalizations
- Personal Identity

Behavioral

- Crimes
 - Theft
 - Substance Abuse
 - Assault and Battery
 - Fraud
- Actions
 - Fighting
 - Yelling
 - Stomping
 - Cussing
 - Back Talking/Talking Over
 - Substance Use

Relapse

- A reappearance of past actions or conditions.
 - Mental Relapse
 - Thinking about people, places, and things their used with
 - Glamorizing their past use
 - Hanging out with old using friends
 - Thinking about relapsing
 - Emotional Relapse
 - Anger
 - Anxiety
 - Not Asking for Help
 - Isolation
 - Mood Swings
 - Physical Relapse

Prevention

- To create a hindrance, interruption, or deterrent.
 - Negative Reinforcement
 - Punishments
 - Positive Reinforcement
 - Rewards
 - Distraction Techniques
 - Call Someone
 - Exercise
 - Support Groups
 - Relaxation Exercises
 - Reading
 - Music

Types of Criminal and Addictive Thinking

- All or None
 - Seeing no middle ground
- Mental Filter
 - Acknowledging only information that is consistent with what is already believed.
- Discounting the Positive
 - Ignoring the positive areas in life that make situations better than what is believed.
- Magnification
 - Exaggerating the importance of something.
- Projection
 - People must think like they do.
- Can't Stand-itis
 - Believing they cannot tolerate something when they can.
- Confusing Inability with unwillingness
 - Thinking that they cannot do something when in fact they do not do it because they are reluctant.
- Emotional/Gut Reasoning
 - Thinking that is influenced by their mood.
- Magical Worry
 - Worrying will keep the feared event from happening.
- Personalization or Blame
- Confusing Needs with Wants
- Catastrophizing
 - Over exaggerating something that is bad to believe it is horrible.

Targeted Behaviors

- High Risk Situations that lead to illegal or addictive behaviors.
 - Old friends visiting...
 - Arguing
- Low level of involvement in anti-criminal activities.
- Substance Abuse
- Low level of involvement in school/work.
- Poor quality relationships with family or significant others.
- Low problem solving abilities.

“Criminogenic Needs”

- Based off of the Risk-Need Factor Theory.
 - Risk is the chances of reoffending or relapsing.
 - Needs should be the focus of treatment where the goal is to reduce the risk of future criminal behavior and involvement in the criminal justice system.
- The “Central Eight” criminogenic needs have the greatest impact on recidivism.
- “Big Four”
 - History of Antisocial Behavior
 - New Skills to be used in high risk situations.
 - Antisocial Personality Pattern
 - Anger Control, problem solving skills, and self control
 - Antisocial Cognition
 - Correct Thinking Errors
 - Antisocial Associates
 - Prosocial, Structured Exercises

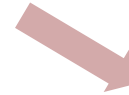
“Moderate Four”

- Family/Marital Circumstances
 - Modeling
- School/Work
 - Practice Positive Social Skills
- Leisure/Recreation
 - Teach and Practice
- Substance Abuse
 - High risk situation coping skills

Addiction



Treatment
Criminogenic
Needs



Self Control
Strategies
Plan of Action
Anger Management
Social Skills
Identify and Change
Thoughts
Prosocial Peers and
Activities
Improve Family
Relationships
Coping Skills



Goal
Reduce
Recidivism