

Thinking Skills Programme

What is the Thinking Skills Programme?

The Thinking Skills Programme is a group programme which will develop your thinking skills to help you stay out of trouble. The court has ordered you to follow this programme as part of your sentence.

How will it help me?

The programme will help you to:

- manage the things in your life that lead you to offend
- develop ways to stop you offending
- get what you want out of life without offending

What will I do in the group?

You will work with others in the group on how to get the things you want in life without offending. There are three modules to the programme: Self-Control, Problem Solving and Positive Relationships.

You must:

- attend all sessions, arrive on time and stay to the end
- talk about what you have done and, if need be, make changes in your life to avoid re-offending
- actively take part and do work at home between sessions
- arrive with a clear head, not under the influence of drugs, alcohol or solvents

- treat facilitators and other group members with respect
- respect confidentiality
- turn off your mobile phone

How long does the group last?

Each of the three modules has five group sessions which are about two hours long. They can be during the day or in the evening. There will be around 10 people in the group. You will also have some one to one sessions with one of the facilitators.

Before and after each module, there is a one to one session with the facilitator. These take about one hour and allow you to talk about how the programme can meet your needs.

What happens if I miss a session?

You have to come to every session. If you miss a session, you will need to do a catch-up session before you can carry on with the group. If you miss two sessions without good reason you will be in breach of your Order and you will have to go back to court.

How will I know if I am making progress?

We will report back regularly to your Probation Officer who will discuss your progress with you.

We will ask you a set of questions at the start and end of the programme. This will show what skills you are good at and what skills you could work on more.

Who do you share information with?

Our staff keep information about you in paper records and on computer. We keep all records safe and secure. If you wish to know more, please ask your Probation Officer for details.

Do you record sessions?

We record all programme sessions. We watch the recordings to check how programme facilitators have delivered the programme. Probation Officers may use the recordings, for example if someone's behaviour in the group leads to enforcement action.

Diversity

The Probation Service is committed to valuing and respecting differences between individuals. If you have concerns or questions about race, religion, culture, gender, sexual orientation, childcare or other issues, please discuss this as soon as possible with your Probation Officer.

Remember...

We must take you back to court if you fail to attend two group sessions or other probation appointments without good reason.

If you would like this information in a different format or language, please contact:

0121 634 1356