

Applying and Reviewing the Cognitive Model

- ◆ Use as homework throughout supervision (Thinking Reports)
- ◆ Select high risk People, Places, Things from the Behavioral Analysis to use
- ◆ Encourage offender to be proactive
- ◆ Keep extra copies and work through situations that the offender encounters
- ◆ Review completed worksheets with the offender

Throughout the course of supervision, encourage the offender to complete additional thinking reports as homework assignments. Select high-risk situations from the behavioral analysis worksheet and ask the offender to work through them to develop replacement thoughts, coping skills, and avoidance plans. The offender should also keep several blank worksheets to complete on new situations as they occur. Be prepared to discuss the homework assignments during scheduled visits. Talk through the offender's replacement thoughts and help him or her decide whether they would be effective in reducing irresponsible behavior. Be open to conducting role-plays to provide additional practice in implementing the replacement thoughts. Read through the steps below for reviewing the application of the cognitive model.

Notes: _____

1. Ask if the client completed the assignment.

Throughout the course of supervision, you should be assigning the completion of thinking reports. You should be using these in a proactive manner, based on scenarios you develop that relate to the high-risk situations identified in the behavioral analysis and other high-risk situations that occur.

2. Ask the client to describe the situation used to practice the skill.

The client should provide a description, in objective terms, of the situation that she is applying the model to. Be sure to look for links to the high-risk situations (HRS) identified in the behavioral analysis. If the client is not applying the model to HRSs, be sure to direct him or her to do so for the next homework assignment.

3. Ask the client to present the thought (old way of thinking) and replacement thoughts (new way of thinking) that occurred in the situation.

Walk through the cognitive model with the client. Let the client present all the completed material before giving any feedback. Then follow the steps for giving feedback.

4. Ask the client to describe the resulting behavior.

Determine the outcome of the application of the model. Did the client identify replacement thoughts and use them, resulting in a different behavior?

5. Reinforce and correct with feedback.

You should reinforce the client for attempting to or completing the homework. The client should be reinforced for successful or attempted use of the model. You should also reinforce new replacement behaviors. Be sure to correct any deficiencies with feedback and be prepared to role-play the corrected scenario. Remember, practice only makes perfect if you are practicing perfectly.