

Consequences:

Your child will be expected to attend all five sessions for two hours per week. If your child misses a session he will be expected to make up missed program and complete additional assignments. If your child misses a second program a petition or motion to modify will be filed. If you child misses any additional program dates, a petition/motion to modify will be filed recommending placement at the Robert L. Perry Juvenile Justice Center.

Agreement

By having read this pamphlet and signing below you are agreeing that your child will participate in all sessions of the program. You also agree that you understand the program and the consequences of not attending.

Program Dates

Program Time

Boone County Juvenile Office

**705 East Walnut
Columbia, MO
Phone: 573-886-4200**

Thinking for a Change

Information and Agreement Pamphlet



Program Description

Overview

The main idea behind *Thinking for A Change* is:
We can take charge of our lives by learning more effective ways of thinking.

There are three cognitive perspectives represented in the program: cognitive restructuring, problem solving, and social skills. The idea behind the course is that we can learn to take charge of our lives—and lead more productive and more effective lives—by taking control over the thoughts and feeling that go on inside us.

This idea—that thinking is behind the way we feel and the way we act and everything that we do—is the basic idea of the program. And because our thinking controls so much about us, we can learn to control our own lives by learning how to take control of our thinking.

Program Rules

- 1.) Attend, be on time, and participate in all the group meetings.
- 2.) Do assigned tasks.
- 3.) Be respectful
- 4.) Maintain an open and honest channel of communication.

Information taught in this program will be talked about during supervision meetings with you and your child. Feedback is extremely important. It is important that we do so in a positive and supportive manner. This is not easy work for the participant, and we need to recognize their courage in working on something new.

Focus Areas of Program

1. Cognitive Self Change

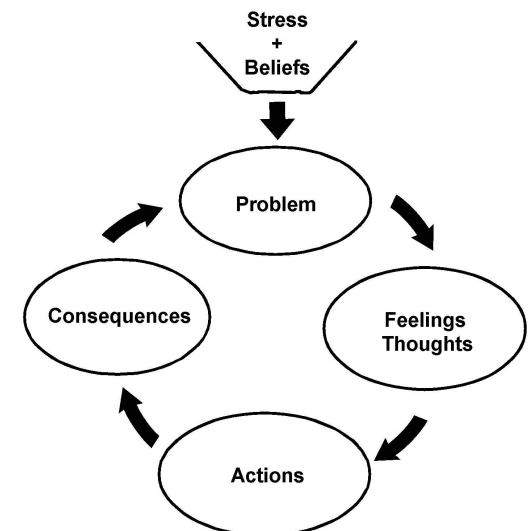
~please see *Overview of Program* for description of Cognitive Self Change.

2. Social Skills

~everyday social skills will be taught and reviewed.

3. Problem Solving Skills

~will learn the steps to solve a problem



The Conflict Cycle