

### Q. What is T4C?

A. Thinking for a Change is a cognitive-behavioral curriculum developed by the National Institute of Corrections. The three components include: social skills, cognitive self-change, and problem solving skills.

A. T4C is a co-facilitated, group-based, skill-building therapy.

<http://nicic.gov/t4c>

### Q. What is the main goal of T4C?

A. T4C combines cognitive restructuring theory and cognitive skills theory to help individuals take control of their lives by taking control of their thinking (Bush et al., 2011). The main goal is to effect change in thinking so that behavior is positively impacted. Thinking controls behavior!

### Q. Is T4C evidence-based?

A. There is an extensive body of research that shows cognitive-behavioral programming significantly reduces recidivism of offenders (Landenberger & Lipsey, 2005).

<http://nicic.gov/library/025533>

B. However, there are no studies to date with juveniles as the study population.

C. Crime Solutions' evidence rating for T4C is 'Promising'.

### Q. How long is T4C?

A. 10 weeks; Group meets 2 to 3 times per week lasting 1-2 hours each session

B. 25 lessons, plus option of aftercare component

\* *Note:* It may take more than 1 session to complete all activities in a lesson

### Q. What does co-facilitated mean?

A. T4C is to be facilitated by two individuals who are formally trained in the model. The *same* two facilitators are to complete the cohort, or facilitate together all 25 sessions. Professional rapport is an important part of group-based therapies, and consistency in facilitators will also ensure continuity in the lessons.

### Q. What is the target population for T4C?

A. Youth has made threats or assault against school staff, peers, parents and/or siblings

B. Youth has a history of aggression

C. Youth meets the criteria for oppositional or defiant disorder or other related behavior disorder

D. Youth is chronically emotionally reactive/explosive

E. Youth exhibits impulsive and disruptive behaviors

F. Youth often suppresses anger or has difficulty expressing anger and emotion.

\* The ideal referral for T4C would be a moderate to high risk youth who needs to learn skills to make better decisions.

### Q. Can youth join T4C at any time?

A. No. T4C is to be operated as a closed-group as the skills build upon one another.

### Q. What is the suggested group size for T4C?

A. It is recommended groups have between 8 and 12 youth in order to preserve program integrity. More than 12 youth would require more time than is allotted for each lesson, and fewer than 8 members would compromise the group process and diminish the effectiveness of youths' learning.

### Q. How do I get trained in T4C?

A. NIC offers Thinking for a Change Facilitator Training to correctional agencies. The program includes 6 Virtual Instructor Led Training (VILT) sessions, Inter-Session Work (independent study and practice to be completed in between), and 1 Instructor Led Training (ILT) program.

<http://static.nicic.gov/Public/t4c-hostagencyinformationpacket.pdf>

B. NIC does not currently offer a Certified Facilitator Credential

### Q. Can I be trained by a T4C Master Trainer? How much does it cost?

A. Yes. NIC shares a list of trainers to contact. All are in-person, 4-day trainings. The price per participant depends on the trainer, but the range is from \$3,500 to \$5,000. Some charge a flat, per-day fee with travel and expenses included, while others charge per day plus expenses and travel fees.

B. The T4C Manual says training should be accomplished within a week-long format using at least two master trainers (p. xii).

Please contact Rachel Gage at the CJCC for more details.

### Q. What are the best practice recommendations for delivery of T4C?

A. Use two trained facilitators

B. Deliver two sessions each week

C. Target medium- to high-risk offenders

D. Ensure that each youth in the group has the opportunity to try every skill during the class (role plays)

E. Make sure all clients receive feedback

F. Program must be completed from beginning to end due to the integrated nature of the program (closed-group)

### Q. What materials are needed to deliver T4C with fidelity?

A. First, it is paramount that group facilitators attend formal training in T4C.

B. Thinking for a Change Version 3.1 Curriculum; handouts, presentation slides (each lesson provides an overview of the necessary supplemental materials).

<http://static.nicic.gov/Library/025057/default.html>

C. Group facilitators should be prepared for every lesson; they should review each lesson and prepare materials (flip charts, copy handouts/homework sheets, rehearse modeling displays, before each session).

D. Dedicated space for group session, free from distraction; U-shape arrangement of chairs and tables/desks

E. Easel pad or whiteboard, markers; copier/printer for handouts; binder/folder for each participant

### Q. What are the qualities of effective facilitators?

(1) Empathy

(2) Facilitation/teaching techniques

(3) Understanding group processes and interpersonal interactions

(4) Ability to control a group of offenders, at-risk youth, or problem individuals through non-coercive means.

### Q. What do the T4C sessions cover?

(1) Lesson 1 begins the program with an overview and introduction

(2) Lessons 2-5 and 11-15 teach social skills

(3) Lessons 6-10 teach the cognitive self-change process

(4) Lessons 16-24 teach problem solving skills

(5) Lesson 25 provides a wrap up of the program with the option of extending the program based on the needs of group members.

### Q. Are other counties in Georgia using T4C?

A. There are currently 7 grantees funded by the CJCC Incentive Grant delivering T4C in Georgia.