



326 E. Main Street
Durham, NC 27701
(919) 560-0500
(919) 560-0504 fax

Justice Services Department

WHAT IS COGNITIVE BEHAVIORAL INTERVENTION (CBI)?

CBI teaches participants how to create positive change in their lives by developing more effective ways of thinking. Participants will learn skills to help them solve problems and how to make good decisions when stressed, angry, or in conflict situations.

Justice Services Department uses *The Courage to Change Interactive Journaling System* which is an evidence-based curriculum that focuses on completing supervision successfully.

Participants will be provided multiple journals to start. All participants will start with "Getting Started" which helps participants become familiar with the program and learn what to expect. Other journal assignment will be based on information gathered during the intake and during class by the counselor. Available Journals Include:

Social Values examines a participant's core values, and how those values relate to choices being made.

Self Control focuses on feelings participants experience most often that lead to a loss of Self Control

Peer Relationships examines past and present peer relationships and identifies them as healthy or unhealthy.

Seeking Employment helps participants identify education and training they may need to reach their employment goals.

Responsible Thinking encourages participants to examine their thoughts and identify thinking patterns that have led to trouble.

Family Ties helps participants to evaluate their family relationships and the roles they play in those relationships.

Recreation and Leisure provides participants with an opportunity to explore how they spend their free time.

Substance Use is designed to help participants take a closer look at the past and present roles of alcohol and other drugs have played in their lives.