



Information for participants

Thinking Skills Programme (TSP)

What is the Thinking Skills Programme?

The Thinking Skills Programme is a group programme which is aimed at helping you develop thinking skills to reduce your likelihood of re-offending. The court has ordered you to follow this programme as part of your sentence.

How will it help me?



It is intended to help you to manage your own Personal Risk Factors (the things in life that increase your risk of offending), develop your Protective Factors (things that lead you away or stop you from offending) and to help you to achieve Pro-Social Goals (still getting what you want in life without offending to get it). The skills you learn will also be useful in dealing with other problems and difficult situations.

What will I do?

- Work with other people in the group on how to deal with problems
- Try new ways of thinking about problems and making decisions
- Learn how to deal with problems without offending.

You must:

- Attend and take part in all sessions
- Face up to what you have done and, if need be, change your life and lifestyle to avoid re-offending
- Do work at home between sessions.

You must agree to:

- Arrive on time and stay to the end
- Take part in the exercises
- Arrive with a clear head, not under the influence of drugs, alcohol or solvents
- Treat tutors and other group members with respect
- Respect confidentiality
- Turn off your mobile phone.

How long does the group last?



There are 3 modules to the programme - Self-Control, Problem Solving & Positive Relationships. Each module has 5 group sessions which are roughly 2 hours long and can be during the day or in the evening. There will be around 10 people in the group (the exact number may vary).



Before and after each module, there is a one to one session. These take about 1 hour and allow you to meet with the facilitators so that you can talk about how the programme fits with you and your life.

What happens if I miss a session?



You have to come to every session. If you




Information for participants

Thinking Skills Programme (TSP)


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?




Before the group starts we will ask you some questions. We will ask the same questions when the group ends. What you say will show how much your skills and views about things have changed. Your supervising officer will talk to you about this. We will also report back regularly to your supervising officer who will talk about your progress to you.

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 supervising officer for details.

Do you use video cameras?



We record all programme sessions. We use the recordings to check how programme staff have delivered the programme and for training purposes.


Diversity



Thames Valley Community Rehabilitation Company recognises that everyone is different and that, sometimes, difference can be seen as an obstacle to learning.

We will do all we can to help you make best use of this activity. If you have any concerns or questions about it, or if you have any learning or specific difficulties, such as childcare or travel issues, please discuss this as soon as possible with TSP staff or your supervising officer.

Remember...



You must attend this activity. If you don't, we will arrange to have you taken back to court if you fail to attend two group sessions or other appointments without good reason.

For more information about Thames Valley Community Rehabilitation Company and the work we do, visit our website at: www.thamesvalleycrc.co.uk