



# Cognitive Skills Booster Programme

## Information for Sentencers



### Introduction

The Cognitive Skills Booster Programme is available for Offenders that have already completed a General Offending Behaviour Programme such as ETS. The purpose of the programme is to re-enforce the learning gained by the offender from the General Offending Behaviour Programme and build upon this knowledge by providing the opportunity to further practice these skills by using current issues within their lives. The Programme is comprised of 12 x 2 hour sessions and each session will be subject to National Standards and therefore subject to enforcement proceedings where the offender does not comply.

### The Programme

The programme uses a Cognitive Behavioural approach and asks the Offender and the Supervising Officer to identify an area of behaviour that requires further work in order to increase their skills in dealing with issues that put them at risk of offending. This individual 'challenge' is then focused on with the whole group using practical role-play to enhance these skills.

### Themes of the Programme

1	Self-control and self management
2	Cognitive style
3	Interpersonal problem solving
4	Social Perspective taking
5	Moral reasoning
6	Critical Reasoning
7	Skills practice

### Suitability for the Programme

Where appropriate Pre-Sentence Reports will have a proposal for a specific programmes condition in addition to Supervision. The offender will have completed a General Offending Behaviour Programme between 3 months and up to 2 years previously. Eligibility after a longer period will be assessed by the Supervising Officer and Programme Manager. They will also have been assessed as having made progress on the Offending Behaviour Programme. Offenders that are not motivated or were assessed as not having worked on the previous programme will be excluded.

### The suggested wording for an additional requirement to attend the programme is:

To participate in the Cognitive Skills Booster Programme for not more than sixty days at premises approved by the Derbyshire Probation Board and while there to comply with instructions given by, or under the authority of, the person in charge of the programme.  
Criminal Justice Act 2003, S202