

Equal Opportunities

Derbyshire Probation Trust is committed to ensuring that it operates fairly and consistently and avoids discrimination on the grounds of race, nationality, ethnic origin, gender, age, disability, religion, sexual orientation or any other improper ground.

If you feel you have been discriminated against, please discuss this with a member of staff and this will be dealt with accordingly.

Dealing with Complaints

If you have a problem, please speak to a member of staff.

If you wish to take the matter further, please ask for the leaflet which tells you about our Complaints Procedure.

If there is anything contained in this leaflet that you do not understand, please ensure you discuss this with your key worker or Probation Officer.

Your Views are Important

We are committed to continuous improvement in all areas of our work. Your views on how we might provide a better service are most welcome.

Contact:

The Chief Executive
Derbyshire Probation Trust
18 Brunswood Road
Matlock Bath
Derbyshire
DE4 3PA Tel: 01629 55422
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www.dpsonline.org.uk



Amd March 2009

Derbyshire
Probation Trust



Enhanced Thinking Skills (ETS)

Information for Offenders

Information for Offenders

This leaflet tells you about ETS, the rules you need to follow and how the Probation Service will help you to complete the group.

Please read this leaflet and keep it in a safe place.

Understanding ETS

ETS is a group of 23 sessions each lasting up to 2½ hours. There will usually be 2 sessions each week. There will be between 4 and 12 people in the group with 2 staff.

At the start and end of the group you will complete a set of questionnaires. They are not hard and you will be given help if you need it. The questionnaires help us to see if the group is working.

Every session of the group will be video taped. This is not about you. It is to allow us to check how the staff run each session.

ETS is based on the idea that behaviour and thinking are linked. This group can help you to learn new ways of thinking about the choices you face in your everyday life and will help you stop offending.

The new skills we offer are:

- Not being so impulsive
- Thinking in a creative way
- Thinking logically

- Finding alternative ways forward
- Considering how your behaviour affects other people
- Learning to listen to others
- Learning how to convince others
- Learning how to negotiate
- Making better decisions

The group will give you a chance to try out your new skills as you go along.

Does it work?

Many of those who have completed ETS have stopped offending. Most people who do the group say it is hard work but they enjoyed it and found it very useful.

Below are some quotes from people in Derbyshire who have completed the programme.

“I have really enjoyed the programme. It’s made me look again at the way I think,. Now I am able to ‘stop & think’ and not jump in like I used to.”

“I definitely don’t want to offend again and the course has helped me to think first and to control my own behaviour.”

“I’ve enjoyed it I’ve learned lots of things, particularly the benefits of seeing the points of view of other people.”

What must you do?

You will be required to sign a contract which sets out the conditions of attendance on the programme

Attend every session

Turn up on time: if you are late you will not be allowed to start

Behave acceptably: do not use substances, be aggressive or disruptive

Take part in the sessions

Do some work in between sessions

Keep appointments with your supervising Probation Officer

If you do not observe these rules you may be breached and/or suspended from the group. Your supervisor will usually decide what should happen.

If you are not able to attend a session YOU MUST

Contact the groupwork centre urgently and let your supervising Probation Officer know, giving them proof of any reason you give.

Your Probation Officer will decide if your reason is acceptable.

Derby Groupwork Centre
Tel: 01332 361200

Chesterfield Groupwork Centre
Tel: 01246 xxx xxx