UC Corrections Institute presents

**Advanced Practice Curriculum**

If participants of group treatment are to be successful using new skills in their everyday lives, they need to practice them in a variety of situations with increasing difficulty. The Advanced Practice Curriculum provides a structured way to assist group members in practicing the skills they learned in core programming in a progressively more challenging way through the use of more difficult situations with increased pressure. This course will train facilitators to lead groups using the Advance Practice curriculum, continuously assessing the skill level of the individual member to ensure that the participant has an appropriate level of challenge for the situation they have selected to practice. An Orientation Session is included in the program, and should be completed prior to admission into an Advanced Practice group. This session may be delivered individually or in a group format. Advanced Practice groups are open ended so that participants may join at any lesson upon completion of their core treatment phase. Once the learning objectives are achieved within an individual, they should be graduated from the group.

Group members continue to practice cognitive restructuring, emotion regulation, social skills, and problem solving throughout their participation in the group. The curriculum consists of four levels of challenge for the group member: Graduated Practice, Skill Selection, Multiple Skills, and Unguided Practice. Each level has a manualized session format to assist the facilitator in their delivery of the material.

In addition to the format described above, there are Supplemental Sessions that facilitators can choose to deliver. The sessions are more advanced versions of core programming sessions and additional skills to practice (Responding to Multiple Rejections and Failures, Dealing with a Crisis, Admitting you are Wrong, and Dealing with Authority). Participants will also complete an assessment for their positive lifestyle development and manage risks when unanticipated responses occur.

Facilitators must be trained in and participants must have completed one of the following:
- Thinking for a Change
- Aggression Replacement Training
- Any UCCI Cognitive Behavioral Interventions curricula or EPICS

**END USER**
The facilitator training is a two day sessions for a maximum of 20 trainees, and is outlined below:

- **Day 1:** Overview of the Curriculum
  - Model and Practice of Orientation
  - Model and Practice of the Check-In process

- **Day 2:** Practice of the Group Facilitation Process
  - Practice of the Supplemental Session

**CONTACT**
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