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# Cognitive Behavioral Therapy Informed Curriculum



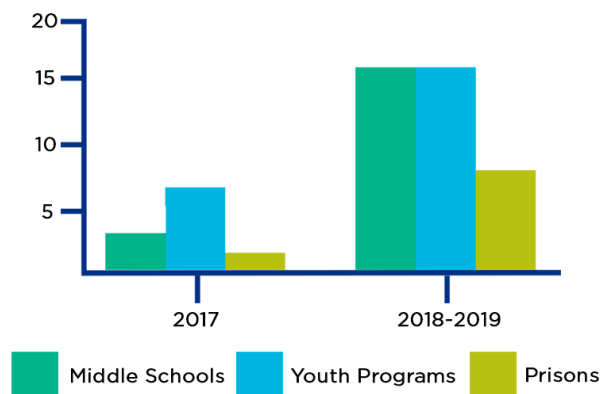
## BACKGROUND

CRS' I am READY curriculum uses evidence-based psycho-social tools to help participants recognize and manage thoughts, feelings, and behaviors. Its application has been found effective in improving mental health among trauma-affected populations, as well as in transforming destructive behaviors in juvenile and adult offenders. CRS has pioneered the use of this cognitive behavioral therapy (CBT) informed approach in Central America to prevent violence and facilitate rehabilitation. The curriculum prepares participants to find jobs and contribute positively in their communities. I Am READY! is being implemented in middle schools, youth programs, and prisons. In El Salvador, it is being integrated as a key component of the governmental "Yo Cambio/I Change" prisoner rehabilitation program and CRS is training prison staff in its use.

## WHO



## SITES



## WHERE



# THE CURRICULUM: INTENTIONAL DESIGN

**16 Units** - Evidence shows that it takes **12-16 weeks of deliberate practice to change behaviors.**

**Instructional strategies** for vulnerable learners are built into the curriculum to **improve learner outcomes.**



**2X Per Week** - Builds **memory** and encourages participants **to practice tools** between sessions.

An **awareness lesson** introduces each topic, easing into the lesson before revealing **deeper connections.**

**Transformation lab** connects content to context and then to personal reflection and group discussion. An **action plan** is developed each week to encourage practice of tools between sessions.

## UNIT 1-7 INTRAPERSONAL SKILLS

Unit 01	I am in control
Unit 02	I can manage and control my habits
Unit 03	I can manage and control my thinking
Unit 04	I can manage and control my rules for living
Unit 05	I can manage and control my thinking errors
Unit 06	I can manage and plan for risks
Unit 07	I can cope in risky situations

## CRS SUPPORT

1. Full curriculum including facilitator manuals and other resources
2. Six day in-person training required of all facilitators before using the curriculum
3. Coaching/mentoring support from an experienced facilitator
4. Community of practice connecting facilitators among themselves to learn, share and problem solve
5. Online resources and networking
6. Certification process for facilitators and coaches to build your organization's skills

## UNIT 8-16 INTERPERSONAL SKILLS

Unit 08	I can code switch
Unit 09	I can listen actively
Unit 10	I can respond with empathy
Unit 11	I can manage and control my body language
Unit 12	I can communicate with dignity
Unit 13	I can manage and control my anger
Unit 14	Can I see your point of view?
Unit 15	I can plan for my future
Unit 16	I am READY!

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