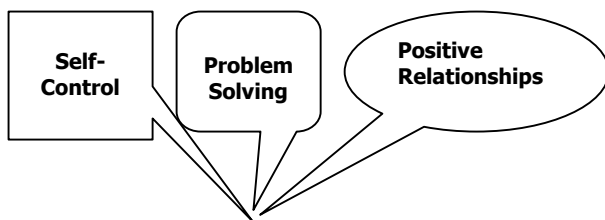


This leaflet aims to provide you with some basic information about TSP. Your TSP facilitators will be able to expand on the information, if you have specific questions after reading it. **TSP** aims to reduce your risk of re-offending. It does this by helping you to **develop thinking skills** so that you can 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).

**There are 3 modules to the programme:**



Each module has 5 group sessions which are roughly 2 hours long and 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.



**Here are some of the areas that the programme aims to develop:**



**& Think**

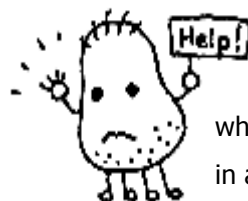
This means developing your self control skills. It is about thinking decisions through by having a range of options, considering the short and long term consequences of these options & thinking about how these fit with what you think is important (what you value)



**Emotional awareness**

This involves identifying and tapping into your emotions and developing skills to manage them. This in turn may help you to make more effective and controlled decisions.

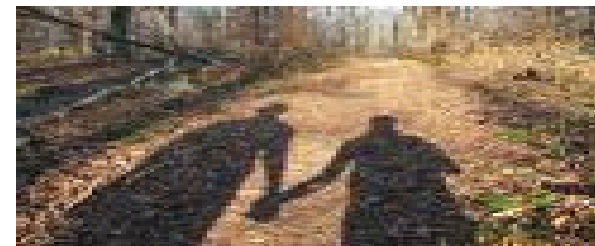
**Problem solving**



This involves learning how to approach any situation where you want to make a change in a step by step way.

**Perspective taking**

This involves developing the skill of seeing a situation from different points of view. This can help you to make more effective decisions.



**Offence free relationships**

This involves developing skills that can help you to resist the criminal or unhelpful influence of other people. These skills also assist in developing supportive relationships.



**Goals & Values**

This involves increasing your awareness of what you value in life. It helps by developing your skills in setting goals and learning how to make plans to achieve them without offending.

**Seeing the Whole Picture**

This is the skill of being able to reflect on and talk about your thoughts, feelings, experiences, and circumstances without missing bits out or adding in 'convenient' additional information, justifications or blaming others.



## The conditions of Success!

Four things are needed for the programme to be successful. These are the conditions of success and they apply to everyone on the group. These are:

**Active Participation** This means making an honest effort to learn the skills. This involves attending sessions promptly, and taking part in exercises. For participants it also means completing between session tasks.



**Open Participation** This means, as much as possible, being open to feedback



being willing to share information about you and your life. For participants this includes information about risk and offending. (In one to one sessions where necessary)



**Supportive Participation** This means assisting rather than getting in the way of the learning and contributions of other people in the group.

**Respectful Participation** This involves behaving respectfully towards other participants and facilitators.



It will be your choice whether or not to sign up to the conditions of success. Choosing not to will mean that you are choosing not to participate on the Thinking Skills Programme at this time.

## After the programme:

After the programme the facilitators will write a report on your progress. To write this final report they will use 3 shorter ones. These were written after each of the 3 modules you did. You will have the opportunity to say what you think about your reports. You will also attend a meeting a short time after your last session. In the meeting you and the people there will make links to your sentence plan / community order. The meeting is an opportunity for you to discuss your future with the right people.

## Contacts:



*"If you don't know where you're going, you'll probably end up somewhere else!"*

Lawrence J. Peter (1919 – 1988)



& Think

# TSP

## Thinking Skills Programme

