

CATALOG

New Headings (Group Workbooks)



Offender Corrections, Level 1 (W 101)

The *New Headings Offender Corrections Lifeskills Course, Level 1* was designed for a weekend or two week-night class. It is 28 pages with nine units. It would be an excellent class for misdemeanors but not recommended for felons. It is a universal cognitive restructuring workbook for all minor offenders regardless of their offense. It contains subjects such as:

- Scripting
- Acting out
- Crime
- Society laws
- Consequences
- Relationships
- Truisms
- Anger avoidance
- Drugs
- Problem solving



Offender Corrections, Level 2 (W 102)

The *New Headings Offender Corrections Lifeskills Course, Level 2* is the most popular of all ACCI group workbooks. It is 60 pages with 10 units. It is more effective than the level 1 because it covers a wider variety of cognitive skills. It can be used in jails, prisons, halfway houses or anywhere an effective cognitive life skills program is needed. The strength of the level 2 workbooks lies not in the number of pages but in its ability to challenge faulty thinking errors, self-defeating behaviors, and produce alternative thoughts and memories. It is for all offenders regardless of their offense.

- Scripting
- \$2.00 people
- Role-playing
- Cost of Crime
- Values test
- Human needs
- Anger avoidance
- Empathy
- Consequences
- Self-esteem

The New Heading Cognitive Awareness, Levels I, II and III workbooks are relatively new workbooks designed for noncriminal and criminal use. They contain the latest science on how people change and improve.



Cognitive Awareness, Level 1 (W 103)

The *New Headings Cognitive Awareness Lifeskills Course, Level 1* is 28 pages with five units. As a level one, it was designed for a weekend class or two week-night classes. It can be used anywhere a short, strong cognitive component is desired. Average time to complete is 8-10 hours. It contains subjects such as:

- Beginnings
- Feelings
- Scripting
- Blockers
- Self-talk
- Stress & Worry
- Thoughts
- Self-awareness
- Glad Game
- Depression



Cognitive Awareness, Level 2 (W 104)

The *New Headings Cognitive Awareness Lifeskills Course, Level 2* is better than Level One because of the number of cognitive skills it covers. It is a powerful expanded version of Level 1. It is the newest and most effective of all ACCI group workbooks. It also comes in a home study version, (W 118). It can be used for noncriminal, criminal and also international use. It is 60 pages with nine units and averages 20 hours of group time to complete. It contains subjects such as:

- Ring of Fire
- Negative Scripting
- Belief vs Truth
- Living above 500
- Thinking errors
- Self-deception
- Anger avoidance
- Relationships



Cognitive Awareness, Level 3 (W 105)

The *New Headings Cognitive Awareness Lifeskills Course, Level 3* was designed for longer-term counseling. It is 106 pages with 12 units and the average is 36 hours to complete. It was designed for noncriminal, criminal, and international use. Like all ACCI workbooks it is cognitive restructuring from beginning to end and includes interacting and experiential learning. It follows the Johnsons and Millers through their triumphs and defeats. It is written from years of practical life experiences gleaned from hundreds of life skills classes.

- Listening skills
- Choices
- Education
- Fear
- Self-motivation
- Empowerment
- Despair
- No Matter
- Drugs
- Going through the door

Substance Abuse (W 106)



The *New Headings Adult Substance Abuse Lifeskills Course* is very unlike standard substance abuse workbooks. It focuses on cognitive restructuring and self-defeating thoughts and behaviors. It can be a powerful cognitive component to existing therapy or stand alone. It is 64 pages with eight units and averages 20 hours to complete. It also comes in a home study version (W 114). Like all other ACCI workbooks, it uses historical fiction to deliver its message. Well-written vicarious stories will disarm people's objections to what you are trying to teach them. It contains subjects such as:

- Memories
- It is your ship
- Self-betrayal
- No matter
- Mind talk
- Anger avoidance
- Addiction cycles
- Emotional needs
- Responsibility
- Worry

Crossing Boundries Set (Sex Offenders) (W 107)

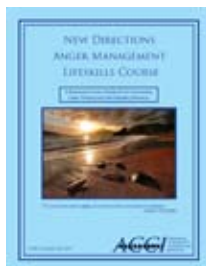


The *New Headings Adult Crossing Boundaries Lifeskills Course* was written for group instruction, whereas its sister workbooks W 122 and W 123 were written for home study. They are all written by Dr. Sondra Shepherd. *Crossing Boundaries* follows the true life story of an actual offender who spent 10 years in prison and co-authored the workbook. There is no other sex offender workbook similar to this one. It is in a class all by itself. It is produced in full-color on 66 pages with 17 chapters. Included in this set is a student's *Answer Journal* and a *Tool Kit*. The *Answer Journal* can be copied for an unlimited number of students. Extra *Tool Kits* can be ordered, as needed (S 904). A Facilitator's Workbook Supplement is not needed for this workbook.

- Brad's story
- Hooked up
- Seeking the mood
- Disease model
- Denial
- Fantasizing
- Clueless
- Grief
- The enemy
- Cycles
- Diffusing
- Recycling

New Directions (Home Study Workbooks)

Anger Management (W 111)

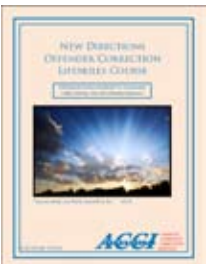


The *New Directions Anger Management Lifeskills Course* is not your ordinary anger management workbook. It focuses on faulty thinking, self-deception, justification and resistant behavior. It teaches anger avoidance and uses cognitive restructuring to intervene at the deepest level where permanent change can take place.

- Domestic violence *
- Self deception
- Justification
- Hostility
- Rage
- Impulse control
- Anxiety / stress
- Assault
- Anger avoidance
- Divorce
- Resistant behavior
- Denial

* Does not replace state mandated programs

Offender Corrections (W 112)



ACCI'S home study workbooks are based on cognitive restructuring. They are effective with all individuals, whether a first time or multiple offender. The *New Directions Offender Corrections Lifeskills Course* is for all adult criminal offenders. For ages 12 to 18, see *Youth/Parent* (W 134). Also available in Spanish, see *Offender Corrections in Spanish* (W 115).

- Theft
- Disorderly conduct
- Trespassing
- Assault
- False information
- Probation violation
- Fraud
- All others

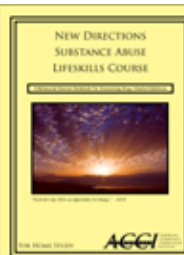
Driver Responsibility (W 113)



The *New Directions Driver Responsibility Lifeskills Course* is unique in that it is the first to blend cognitive restructuring with traditional traffic curriculum. It is designed for all drivers (including teens) who have exhibited a lack of proper values, attitude, and behavior, and is especially effective on repeat offenders. For both adult and teen drivers.

- Driving without a license
- Reckless driving
- Multiple tickets
- Aggressive driving
- Speeding
- Driving without insurance

Substance Abuse (W 114)



The *New Directions Substance Abuse Lifeskills Course Workbook* is for individuals with substance abuse problems. Cognitive restructuring by its very nature can work at any level of addiction, either as prevention or rehab. This is a unique cognitive restructuring workbook written in a story format. This workbook was used in a three year, evidence-based study. See [Research](#).

- Marijuana / drugs
- DUI
- Chemical addiction
- Distribution
- Possession
- Drugs
- Denial
- Self-deception

Offender Corrections in Spanish (W 115)



The *New Directions Offender Correction Course in Spanish* has been specifically translated and formatted as a resource to assist Spanish speaking persons involved in court and other legal issues.

- Theft
- Trespassing
- False information
- Fraud
- Disorderly conduct
- Assault
- Probation violation
- Laws & Government
- All other offenses

Contentious Relationships (W 116)



The *New Directions Contentious Relationships Lifeskills Course for Divorced or Separating Couples* is mostly used by civil courts to help couples resolve their differences, speed up the court process, and reduce potential damage to children. The curriculum is based on ACCI's evidence-based cognitive restructuring models which have proven to help individuals overcome negative thoughts, feelings and emotions.

- Anger management
- Self-betrayal
- Parenting
- Self-deception
- Children
- Cognitive awareness
- Faulty thinking
- Collusion
- Self-justification
- Blaming

Parenting (W 117)



The *New Directions Parenting Lifeskills Course* is for parents, only; whereas the Youth/Parent (W 134) is for both. This is a cognitive restructuring home study workbook that focuses on helping parents overcome faulty thinking and self-defeating behaviors. The best way to help children to change is to help their parents change. This is a versatile workbook designed for a wide variety of parenting issues, including:

- Truancy
- Anger / Violence
- Neglect
- Anxiety / Emotions
- Abuse
- Foster care
- Addictions
- Parenting skills

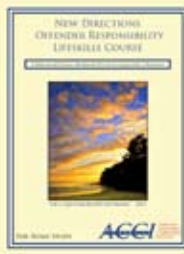
Cognitive Awareness (W 118)



The *New Directions Cognitive Awareness Lifeskills Course* is designed to help people overcome faulty thinking and self-defeating behaviors. It is especially relevant for people with self-esteem, anxiety and stress problems. It's curriculum, like all ACCI Workbooks, is based on best practices, supported by evidence based results. This workbook is good for all socioeconomic groups whether criminal or not.

- Finances / Debt
- Self-deception
- Worry / Fear
- Relationships
- Addictions
- Anger
- Thinking errors
- Depression

Offender Responsibility (W 119)



The *New Directions Offender Responsibility Lifeskills Course* was written as a responsibility course for offenders. It is versatile. It can be used as a court responsibility program for noncompliant offenders, or in prisons and jails as pre or early (good time) release. It works best when inmates "coach" each other.

- Denial
- Debt / finances
- Responsibility
- Addictions
- False perceptions
- Justification
- Anger avoidance
- Anxiety/fear/worry

Bad Check (W 120)



The Bad Check workbook has a long history of effectiveness with bad check writers. It has been used with prosecutors bad check departments as a deterrent against passing bad checks. It has also been used as a bench referral by judges. The bad check workbook does not focus on balancing a checkbook, but the crime and consequences of writing a bad check. It can be used either as home study or group.

- Financial debt
- Values clarification
- Wrong choices
- Consequences
- Retail shrinkage
- Moneym management
- Checks and balances
- Skills for life

Theft / Shoplifting (W 121)



This workbook can be used for home study as well as groups. It is good for juveniles as well as adults. It is a time-tested workbook that focuses on the crime of theft and shoplifting. It discusses the losses to retail merchants and the effect on communities. Like all ACCI workbooks, it focuses on the thoughts, feelings, emotions, and attitudes associated with shoplifting and other forms of theft.

- Theft
- Values clarification
- Laws
- Programming
- Retail shrinkage
- Consequences
- Skills for life
- Options

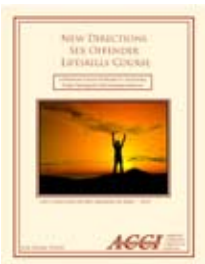
Pornography Addiction (W 122)



This is a one-of-a-kind workbook written in a story format that follows the life of a husband and wife, showing the addiction and recovery process for the husband. It demonstrates the difficulties placed on the marriage and the emotional impact on the spouse. It is written by experts knowledgeable in the addictive effects of pornography. It is 56 pages in nine units. It can be used for groups as well as home study.

- Aspen grove
- Internet
- Recovery
- Statistics
- Modeling
- Accountability
- Effects
- Programming
- Strategies
- Children
- Addiction
- Triggers

Sex Offenders (W123)



The *New Directions Sex Offenders Lifeskills Course* is based on ACCI's evidence-based, best practice format. It was specifically written to challenge faulty thinking and self-defeating behaviors. This is not intended as therapy, but as a powerful cognitive restructuring lifeskills intervention to help offenders overcome denial, justification, false perceptions, and accept responsibility.

- Self-justification
- Faulty thinking
- Mind games
- Fear/ worry/ stress
- False programming
- Recycling
- Self-deception
- Denial / blaming
- Triggers
- Sexual addiction
- Alternatives
- Detachment

New Beginnings (Youth Workbooks, group and home study)

Youth Corrections, Level 1, group (W130)



The youth corrections group workbooks levels 1, II, III are written for teenagers, ages 13-18. All three workbooks are the same, except each higher level is expanded to cover additional cognitive skills. It is 36 pages with six units and averages 8-10 hours to complete. It is a popular short class for juvenile offenders. It is recommended that only 1-2 units be covered in a single session. Cognitive Lifeskills Sketches (S 903) is an excellent supplement for these workbooks. This workbook contains subjects such as:

- Directions
- Living in reverse
- Negative scripting
- Leaders
- Memories
- Values
- Thinking errors
- Truth vs. untruth

Youth Corrections, Level 2, group (W131)



These workbooks were written for middle and high school students as well as juvenile offenders. They do not work well with younger children because they are not yet cognitive. Younger children are better served by having their parents complete the *New Directions Parenting Lifeskills Course*, (W 117). This workbook has 63 pages with eight units and averages 20 hours to complete. The home study version of this workbook is W 134. This workbook contains subjects such as:

- Courage
- The Constitution
- Freedom
- Needs
- Desire
- Laws
- Drugs
- Anger

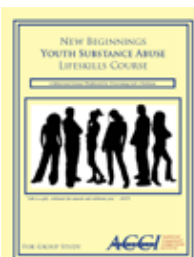
Youth Corrections, Level 3, group (W132)



ACCI group workbooks were mainly designed for detention centers, or other facilities where the home study version would not be appropriate. However, ACCI has found that whenever possible, the *Youth/Parent* (home study - W 134) should be used because it includes the parent or guardian. This workbook, the *Youth Corrections, Level 3*, is an excellent long-term youth corrections workbook for both school students and juvenile offenders. It has 134 pages with 13 units and averages 36 hours to complete. With the addition of the training materials (S 901, S 902, & S 903), it would be an ideal semester life skills workbook.

- Solutions
- Laws
- Feelings
- Values
- Life skills
- Gratitide
- Emotions
- Self-control
- Drugs
- Consequences

Youth Substance Abuse, group (W133)



This is a straight-forward, cognitive restructuring, youth substance abuse workbook written as historical fiction. It follows the Johnson and Miller families through their substance abuse problems. It can be used as a cognitive component to existing therapy or stand alone. ACCI has found that using a least-intrusive measure first has always been a win/win situation. Like the adult version, this also focuses on the disease, not the symptoms, that is self-defeating thoughts and behaviors. This workbook has 68 pages with eight units and averages 20 hours to complete. This workbook contains subjects such as:

- Addictions
- Family
- Choices
- Consequences
- Peer pressure
- Problem solving
- Education
- Skills for life

Youth/Parent, home study (W134)



The *New Directions Youth/Parent Lifeskills Course* is for all youth, age 12 to 18. It was also designed to help parents in their personal improvement. It is particularly effective because parents are involved, allowing for open discussion and communication between parent and child. The cognitive lifeskills that are taught can be used in all aspects of life. Because of the home study format, this workbook has proven to be an excellent, least-intrusive, cost effective intervention.

- Underage drinking
- Truancy
- Communication
- Abuse
- Theft
- Parenting
- Possession / Drugs
- Anger management
- Peer pressure
- Validation

Youth/Parent in Spanish, home study (W 135)



The *New Directions Youth/Parent Cognitive Lifeskills Course in Spanish* is for all youth, ages 12 to 18. It was also designed to help parents in their personal improvement. It is particularly effective because parents are involved, allowing for open discussion and communication. The cognitive lifeskills that are taught can be used in all aspects of life.

- Underage drinking
- Truancy
- Communication
- Abuse
- Theft
- Parenting
- Possession / Drugs
- Anger management
- Peer pressure
- Validation

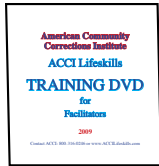
TRAINING MATERIALS

Master Facilitator Guide - MFG (T 500)



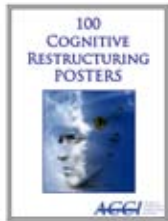
This guide is an A-Z on how to facilitate. It is an excellent guide for first-time facilitators and a good refresher course for seasoned veterans. It consists of 105 pages with diagrams, self-tests, and step-by-step best practices regarding group facilitation.

Training DVD (T 600)



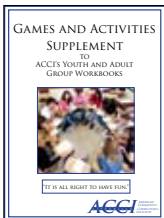
The training DVD is a demonstration and explanation regarding facilitating techniques as found in the *Master Facilitator Guide (MFG)*. Both must be present in order to complete the training.

100 Cognitive Posters (S 901)



This is a pack of 100 posters, containing one cognitive restructuring thought per poster. They enhance the cognitive thoughts being taught in the workbooks. They can also stand alone as separate group discussion topics.

Games and Activities Supplement (S 902)



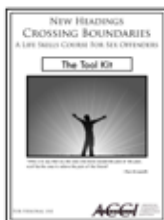
This supplement was also designed to enhance the cognitive experience. There is a variety of games and activities that complement the cognitive skills being taught.

Cognitive Lifeskills Sketches (S 903)



These are black-and-white sketches that show various scenes regarding some of the cognitive skills being taught. They can also stand alone as separate group discussions. These sketches are powerful visual aids that help facilitate group discussion and process.

Crossing Boundaries's Tool Kit (S 904)



The *Crossing Boundaries' Tool Kit* is the consumable, non reproduceable, part of the *Crossing Boundaries Set*.

Training Kit (T 700)



The *Training Kit* consists of all of the above at a substantial savings over purchasing each item separately. All of the training materials work together to form a synergistic aid in supporting group facilitating efforts.