



Guide to Group Work Programmes & Individual Interventions

2024

Contents

- Programme Summary
 - Programmes at a Glance
 - Sentencing and Additional Requirement Wording
 - Programme/Intervention Considerations
 - Programme Referral Guide
 - The Role of Psychology
1. Domestic Abuse
 - a. Domestic Abuse Programme Pathway
 - b. Building Better Relationships Programme
 - c. Respectful Relationships Intervention
 2. Sexual Abuse
 - a. Sexual Offence Programme Pathway
 - b. Horizon Programme
 - c. I-Horizon Programme
 - d. Safer Lives
 - e. Maps for Change Intervention
 3. Thinking Skills Programme
 4. Alcohol & Substance Misuse
 - a. Substance Misuse Intervention Tier
 - b. Substance Misuse Intervention
 5. Victim Awareness Intervention
 6. Accepting Differences Intervention
 7. Additional Brief Interventions
 - a. Coping Skills
 - b. Goal Setting
 - c. Problem Solving
 - d. Anger Management

Programmes Summary

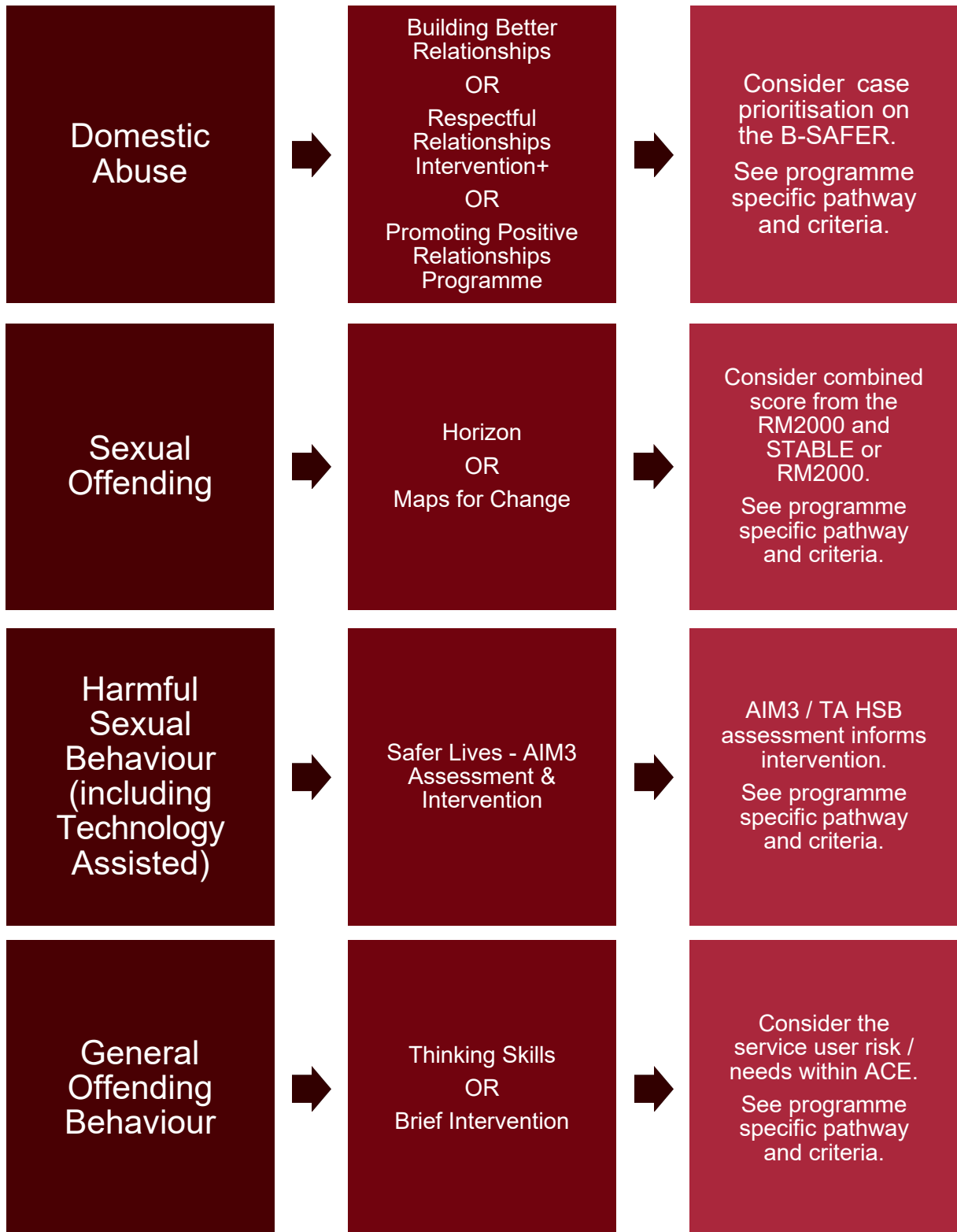
PBNI delivers a range of groupwork programmes and individual interventions with the purpose of encouraging and facilitating change in the service users we supervise. The programmes are designed to address a variety of aspects regarding service users' attitudes and offending behaviour/s. These factors contribute to recidivism; therefore, it is imperative that PBNI work towards addressing these issues with the aim of encouraging desistance, reducing further offending and ultimately building safer communities.

Each PBNI programme and intervention has a specific criteria and pathway, both of which are contained in this booklet and should be considered at the point of assessment and referral to programmes. There are a number of issues that must be considered prior to recommending and commencing a programme / intervention. These include ensuring:

- Service user's suitability
- Service user's motivation
- Programme sequencing & requirement on Order / Licence
- Adequate time on PBNI supervision to facilitate programme completion

This guide provides all the necessary information regarding programmes & interventions offered by PBNI.

Programmes at a Glance



Information for Pre-Sentence Reports

The following paragraph should be used by PSR writers in the report conclusion when recommending groupwork programmes for Court / Licencing Panel:

“There are unmet treatment needs assessed as associated with Mr X’s [insert offending type: sexual; domestic abuse; general offending] which need addressed to reduce the risk he presents. Mr X will be required to address these through engagement in a programme of work either within a group setting or on an individual basis. The pathway to address the risks associated with his unmet treatment needs will be assessed during his supervision period. Should the Court be minded to impose a period of supervision the following additional requirement has been requested:”

Sentencing & Additional Requirement Wording

The following wording has been agreed with Northern Ireland Courts and Tribunals Service (NICTS) and Northern Ireland Prison Service (NIPS) Licencing Unit and replaces any existing / previous wording.

Specific Additional Requirement wording:

“You must present yourself in accordance with instructions given by your Probation Officer to attend the Intensive Supervision Unit, Belfast or another venue specified by your Probation Officer, to participate actively in a programme of work identified for you during the supervision period and to comply with the instructions given by or under the authority of the person in charge”.

Programme Referral Guidance

There is one PBNI referral form for programmes. This form is found on PBNI’s Electronic Case Management System (ECMS) Documentation (Template Category – Referral – Programme Referral Form). The form should be completed accurately and in full. It is imperative that all requested information is provided to allow Programme Managers to manage waiting lists and plan for forthcoming groups. Any forms with missing or incomplete information will be returned for review.

There is currently a separate referral process for referrals to the Domestic Abuse Interventions Panel. To make a referral to the Domestic Abuse Interventions Panel, the Probation Officer should send an email to ISU Programmes Admin stating the service user’s name, DOB, and case reference number. The email subject line should read ‘DAIP Referral’. The Probation officer should complete a communication log to record that this has been sent. ISU Programmes admin will acknowledge receipt of the email and add the service user’s details to the DAIP waiting list. When making a referral to the Domestic Abuse Interventions Panel, Probation officers should also make a refer for a Partner Support Worker using the PBNI programme referral form (noted above).

Supervising Probation Officers must complete the referral process for the specific programme the service user needs to complete within 20 working days of sentence / release. They are also responsible for adding the specific programme requirement on ECMS Internal Programmes which places the service user on the waiting list. Supervising Probation Officers must ensure this information is kept updated.

Programme/Intervention Considerations

Pre-Sentence Report (PSR) writers/Supervising Probation Officers will assess and identify the key risk factors for service users using the PBNI approved assessment tools.

Suitability criteria for each programme can be found within this document. However, should there be uncertainty regarding any aspect of suitability, report authors or Supervising Probation Officers should contact the relevant Programme Manager (Treatment Manager) in the first instance.

Checklist for recommending Groupwork Programmes

- All programmes require the service user's consent to participate.
- Service users may be expected to travel outside of their local area to attend the programme. This needs to be discussed at PSR/Pre-release assessment stage.
- Full attendance and participation at all programmes is essential. If a service user misses programme sessions, support will be provided in the first instance to support the service user to recommit. If non-attendance continues, de-selection will be considered.
- It is the Supervising Probation Officer/report author's role to ensure that the service user is adequately prepared and motivated to begin and engage in the entirety of the programme/intervention.
- The service user's motivation is key to programme completion and behavioural change. Ensuring the commitment of the service user prior to programme commencement allows for adequate evaluation and review of such programmes/interventions.
- All programmes and interventions include an element of out of session work which service users must complete throughout the programme.
- All service users referred for groupwork must have a sufficient command of the English language.

You will need to contact the Programme Manager (Treatment Manager) for advice if:

- The service user has severe mental health difficulties. They can be considered for a programme if a period of stabilisation is achieved.
- Some programmes require an IQ of 80 and above for service users to participate. Service users presenting with a suspected lower IQ or severe learning difficulties should be referred to PBNI Psychology Department for further assessment. This should be actioned

prior to assessing a service user as 'ready'.

- Service users with current unstable or acute substance misuse or dependency can be considered for a programme if such issues become stable. Service users must present as stable for a minimum period of 6 weeks prior to programme start date. If the Supervising Probation Officer has any queries in relation to suitability to commence a programme, they should liaise with the Programme Manager (Treatment Manager).

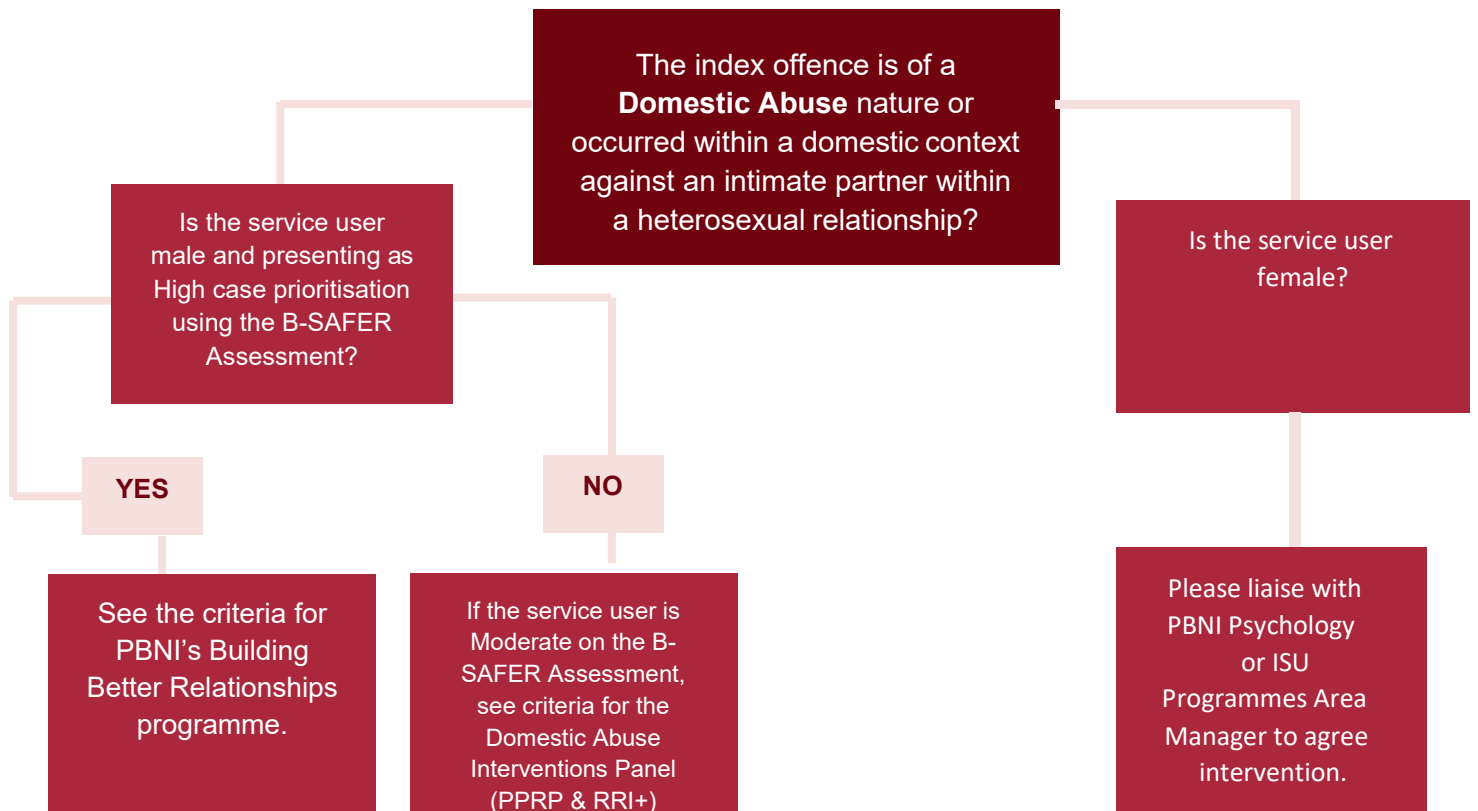
Timing

- It is important to ensure that the 'sequencing' of Intervention is appropriate and timely. This means agreeing a case plan in such a way that addresses the most prevalent issues first.

The Role of Psychology

PBNI's Psychology Department provides clinical input to support the management and delivery of all Programmes and Interventions. Due to their complex needs or significant responsivity factors, some service users will not meet the criteria for group-based interventions, or their treatment pathway may be unclear. If concerns arise, Supervising Probation Officers can consult with their Designated Psychologist for advice regarding sequencing of appropriate interventions. This consultation process may reveal the need for psychological assessment to identify an appropriate treatment pathway, e.g., assessments of risk, personality disorder, or IQ. In such cases, the Supervising Probation Officer will be supported to complete a referral for further Psychology input which will be considered in line with the department's Prioritisation Framework. In cases where the outcome of assessments indicates that a (high risk or complex needs) service user does not meet the criteria for existing programmes, due to significant responsivity factors or complexity, a bespoke 1:1 specialist intervention can be developed and delivered to address the specific risk and needs of the individual.

Domestic Abuse Pathway Flowchart



Building Better Relationships (BBR) Programme

Duration	8 months approximately 2 pre programme appointments 24 groupwork and 5 individual sessions
Supervision Length	Minimum 2 year supervision period
Suitability/Risk	High case prioritisation
Assessment Tool	B-SAFER

Aim & Requirements of Programme

BBR is an accredited groupwork programme designed to reduce reoffending by adult males convicted of violence against an intimate partner within a heterosexual relationship. The programme has a strong theoretical base, considering recent developments in thinking and research in relation to aggression within relationships. This programme **requires** the completion of a signed consent form at PSR stage, completion of a B-SAFER and a referral to the Partner Support Worker. A Responsivity and Treatment Need assessment must be completed and uploaded onto ECMS within 12 weeks of Order/Licence commencing.

Suitability Criteria

- Males
- 18 and above
- IQ of 80 and above
- Have been violent or abusive in heterosexual relationships
- **High** case prioritisation using the B-SAFER assessment tool
- Are able to discuss at least one act of violence or aggression against an intimate partner
- Motivated to address offending behaviour
- Service users must consent to participate by signing the “Statement of Understanding” which will include the sharing of information with the victim and any new partner.
- Service users must present within supervision as stable (i.e. mental health and/or alcohol and substance misuse) for a period of 6 weeks prior to programme start date.
- The service user must consent to participate in the programme.
- Sufficient command of the English language.

BBR is not suitable for:

- Females
- Cases where violence has only taken place in same sex/family relationships
- Those considered Low or Moderate prioritisation using the B-SAFER assessment tool
- Men with unstable mental health difficulties
- Service users who refuse to sign the Statement of Understanding

Programme Content

There are 4 modules:

- Foundation – Motivation, Insight & Cultural Messages about domestic abuse
- My Thinking – Biases, Rumination & Attitudes
- My Emotions – Stress, Emotion Management, Hostility & Anger & Jealously
- My Relationships – Social Skills, Attachment & Relationship Stability

Domestic Abuse Interventions Panel

Where a B-SAFER assessment indicates that a service user is moderate risk then they should be referred to the Domestic Abuse Intervention Panel. Some of these service users will be offered places on Promoting Positive Relationships Programme (**PPRP**). They will be selected by Intervention Panel based on their level of risk and severity, frequency, imminence, likelihood, escalation, and chronicity of harm. Those moderate risk service users that are not offered a place on PPRP should complete the approved structured intervention, **RRI+**. See below for details of these interventions.

Promoting Positive Relationships Programme (PPRP)

Duration	6 months 24 weekly sessions, + 2-4 pre-programme sessions
Supervision Length	Minimum 1 year supervision period
Suitability/Risk	Moderate
Assessment Tool	B-SAFER

Aim of Intervention

This Programme adopts a strengths-based approach tailored for individuals with a past engagement in unhealthy and abusive behaviours within intimate relationships. It integrates Education, Cognitive Behavioural Therapy (CBT), and skills practice techniques, complemented by the development of emotional intelligence, to effectively confront and address such behaviours.

PSW Information

An integral part of all PBNI domestic abuse interventions, including PPRP, is the contact between the PSW and current partner. Referrals must be made to the Partner Support Worker at least two weeks prior to the commencement of any of the domestic abuse interventions, including PPRP.

Suitability Criteria

- Male
- 18 and above

- Must have an adequate command of the English Language
- Have been violent or abusive in heterosexual relationships
- Assessed as **moderate** risk using B-SAFER assessment tool
- Must agree to the Conditions of Success and Statement of Understanding
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.

PPRP is not suitable for:

- Females
- Men with serious mental health problems
- Those assessed as Low risk or those assessed as High risk using the B-SAFER assessment tool
- Service users who refuse to sign the “Statement of Understanding”

Programme Content

- 24 weekly group sessions, plus 2-4 pre-programme sessions
- 6 Modules including ‘Foundation (6 sessions), Managing Emotions (4 sessions), ‘Behaviour & Communication (10 sessions), Responsible Parenting (3 sessions), and Future Planning (1 session)

Respectful Relationship Intervention Plus (RRI+)

Duration	4-5 months 16 individual sessions & 3 optional individual sessions
Supervision Length	Minimum 6 months
Suitability/Risk	Moderate
Assessment Tool	B-SAFER

Aim of Intervention

The PBNI Respectful Relationships Intervention Plus is a strengths-based programme for individuals who have had a history of unhealthy and abusive behaviours in intimate relationships. It incorporates education, CBT, skills practice techniques alongside the development of emotional intelligence to address unhealthy and abusive behaviours in intimate relationships.

PSW Information

An integral part of all PBNI domestic abuse interventions, including RRI+, is the contact between the PSW and current partner. Referrals must be made to the Partner Support

Worker at least two weeks prior to the commencement of any of the domestic abuse interventions, including RRI+.

Suitability Criteria

- Male
- 18 and above
- Must have adequate command of the English Language
- Have been violent or abusive in heterosexual relationships
- Assessed as **moderate** risk using B-SAFER assessment tool.
- Motivated to address offending behaviour.
- Service users must consent to participate by signing the “Statement of Understanding” (see PSW below) which will include the sharing of information with their partner, including any new partner.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.

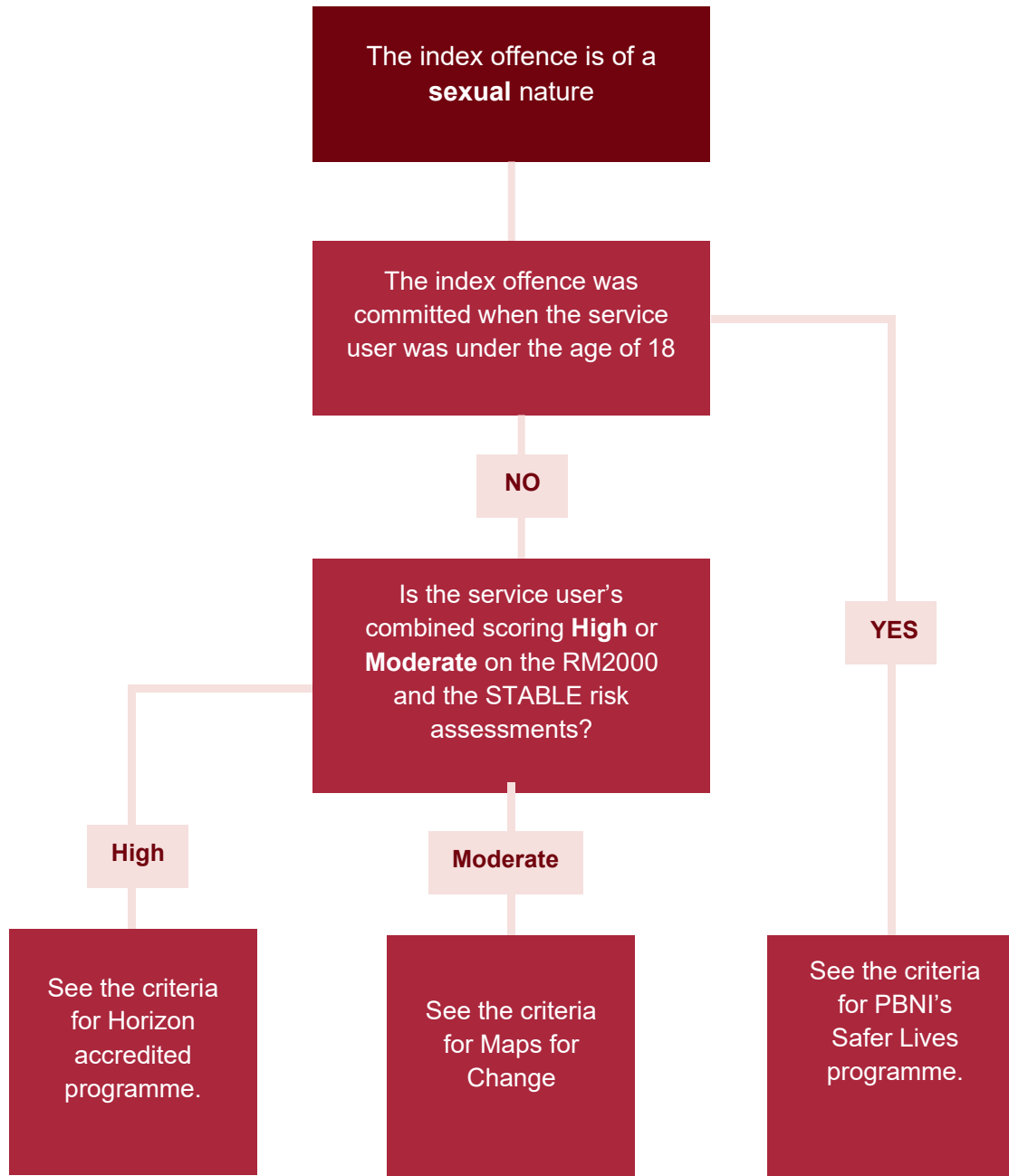
RRI+ is not suitable for:

- Females
- Men with serious mental health problems
- Those assessed as Low risk or those assessed as High risk using the B-SAFER assessment tool
- Service users who refuse to sign the “Statement of Understanding”

Programme Content

- 16 core individual sessions for all service users
- 3 optional additional sessions, including ‘Social Media’, ‘Responsible Parenting’ and ‘Stress’.

Sexual Offending



Horizon

Duration	9 months approximately 2 pre programme appointments 31 groupwork and 2 individual sessions
Supervision Length	Minimum 2 year supervision period
Suitability/Risk	High composite assessment
Assessment Tool	Combined score on RM2000 and STABLE

Aim of Programme

Horizon is a programme designed and accredited by HMPPS, which provides an evidence-based response to men in prison or on community sentences who have been convicted of a sexual offence. It aims to equip service users with skills to build constructive lives that will not involve further offending.

Suitability Criteria

- Males
- 18 and above
- IQ of 80 and above
- A combined score of **High** using the RM2000 and STABLE risk assessments
- Those whose primary clinical need is to address sexual offending and must have committed a sexual offence/s. This can include an offence/s with a sexual motivation against adults or children, or an 'internet only' offence, e.g., possessing, downloading and/or distributing indecent images of children.
- Motivated to address offending behaviour or problem areas within their lives
- Service users who maintain their innocence can participate in Horizon
- Service users must present within supervision as stable (i.e. mental health and/or alcohol and substance misuse) for a period of 6 weeks prior to programme start date.
- The service user must consent to participate in the programme
- Sufficient command of the English language

Horizon is not suitable for:

- Females
- Service users with serious mental health problems
- Those considered low or moderate risk, using the RM2000 and STABLE risk assessments, unless subject to Clinical Override by the ISU Programmes Manager (Treatment Manager).

Programme Content

- 31 group sessions & 3-4 individual sessions

Horizon is built upon a biopsychosocial model of change. In this model, recognition is given to biological causes of offending, particularly the impact of brain trauma and childhood

adversity, psychological factors, particularly sexual interests, problem solving and self-regulation, as well as social factors, in terms of the impact of other people in the development of vulnerabilities to offend and in promoting desistance.

Maps for Change

Duration	Tailored individual sessions (Bespoke)
Supervision Length	To be determined at PSR stage
Suitability/Risk	Moderate
Assessment Tool	Combined score on RM2000 and STABLE or sole RM2000 (Internet offending)

Aim of the Programme

Maps for Change is a toolkit of exercises which practitioners can use to structure their supervision with adult men who have committed a sexual offence and are assessed as moderate risk of reconviction. The term ‘Maps’ was used to signify a journey, in this case towards positive change, with the exercises being symbolised as ‘signposts’ which assist the individual in reaching their objective, i.e. by building skills, knowledge and awareness.

Suitability Criteria

- Males
- 18 and above
- A combined score of **Moderate** using the RM2000 and STABLE risk assessments or **Moderate** RM2000 (internet offending)
- Motivated to address offending behaviour
- Service users must present within supervision as stable (i.e. mental health and/or alcohol and substance misuse) for a period of 6 weeks prior to commencement of intervention
- The service user must consent to participate in the intervention
- Sufficient command of the English language

Issues to Consider

- Those who commit a further sexual offence during PBNI supervision would need to be reassessed using appropriate assessment tools.
- Service users who maintain their innocence can participate in Maps for Change.

Programme Content

Maps for Change is a Toolkit that contains a range of exercises that are specific to particular needs. They should be chosen to target identified treatment needs from the STABLE assessment.

There are five maps, each being linked to protective factors namely:

- Social influences
- Commitment to desist
- Intimate relationships
- Employment or positive routine
- Social investment - 'Giving Something Back'

Safer Lives

Duration	Determined by the intervention needs identified within the AIM3 assessment
Supervision Length	Minimum 2 year supervision period
Suitability/Risk	AIM3 assessment should be completed in all eligible cases
Assessment Tool	AIM3 or Technology Assisted Harmful Sexual Behaviour assessment
Age	Must have committed the offence under 18 years of age

Aim of Programme

The Safer Lives approach has been developed to provide a structured, clinically approved process for PBNI staff to undertake assessment and interventions for service users who have been convicted of a sexual offence committed when under 18 years of age. The approach directs a comprehensive, holistic assessment and individualised intervention plan that is developed that addresses the deficits which led to their harmful sexual behaviour.

Suitability Criteria

- Male and Female
- Any type of sexual offence committed when under 18 years of age
- Service users must present within supervision as stable (i.e. mental health and / or alcohol and substance misuse) for a period of 6 weeks prior to programme start date
- The service user must consent to participate in the assessment / intervention
- Service users who maintain their innocence can participate in Safer Lives.

Safer Lives is not suitable for:

- Service users with serious mental health problems

Issues to Consider

- Service users who have continued to commit sexual offences when over 18 years of age should be considered on an individual basis by the ISU Programmes Area Manager.

Programme Content

The content of the programme is individualised to ensure the service users specific risk and needs are adequately considered and addressed following AIM3 or Technology Assisted Harmful Sexual Behaviour assessment.

Thinking Skills Programme (TSP)

Duration	5 months approximately 1 pre programme appointment 15 groupwork sessions and 4 individual sessions
Supervision Length	Minimum 2 year supervision period
Suitability/Risk	Assessed as Medium/High ACE AND scoring 8 or more when adding the ORS from the following domains: <ul style="list-style-type: none"> • 8.4 (Reasoning and Thinking), • 9.1 (Aggression/Temper), • 9.3 (Impulsiveness/risk taking), • 10.1 (Lifestyle), • 11.2 (Disregard harm to victims), • 11.3 (Disregard effects of offending on people close to them) • 11.4 (Pro criminal attitudes)
Assessment Tool	ACE

Aim of Programme

Thinking Skills is a groupwork programme based on a cognitive behavioural approach designed to encourage service users to change their thinking around offending behaviour and to manage their risk factors in a more pro social manner.

Suitability Criteria

This programme targets a wide range of offending behaviours and is open to:

- Both male and female service users aged 18 and above
- IQ of 80 or above
- Assessed as Medium/High ACE AND scoring 8 or more when adding the ORS from the following domains:
 - 8.4 (Reasoning and Thinking),
 - 9.1 (Aggression/Temper),
 - 9.3 (Impulsiveness/risk taking),
 - 10.1 (Lifestyle),

- 11.2 (Disregard harm to victims),
- 11.3 (Disregard effects of offending on people close to them)
- 11.4 (Pro criminal attitudes)
- Any type of offending behaviour (Service users with **previous** domestic violence and / or sexual convictions are **NOT** excluded)
- Service users must present within supervision as stable (i.e. mental health and / or alcohol and substance misuse) for a period of 6 weeks prior to programme start date.
- The service user must consent to participate in the programme
- Sufficient command of the English language
- If a service user is facing a credible threat to their safety, they may be required to attend an alternative location to complete the programme. This location could be situated outside their local area.

Thinking Skills is not suitable for:

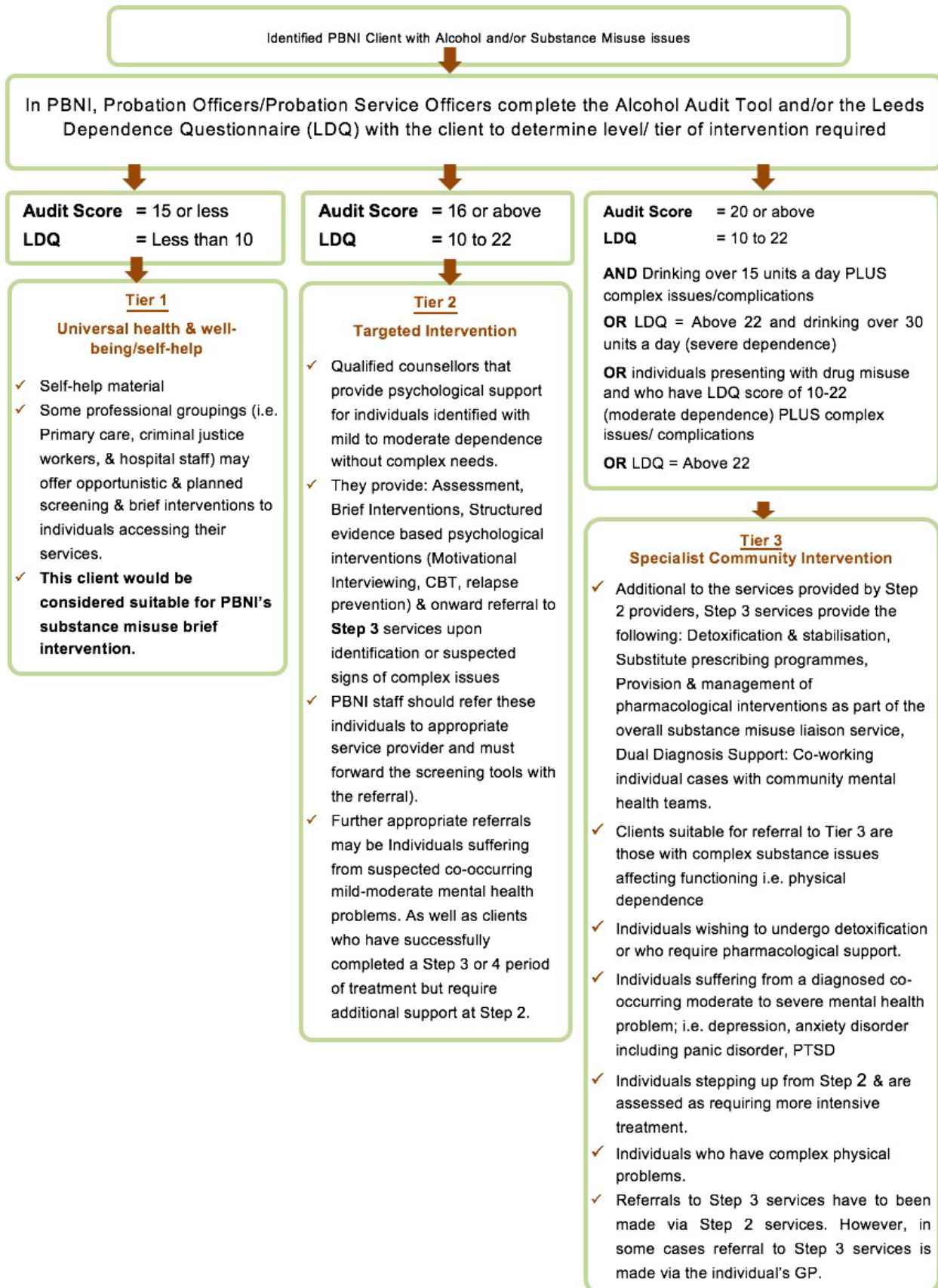
- Service users not maintaining a stable lifestyle within the community
- Service users not willing to engage in a meaningful way

Programme Content

Specifically, this programme encourages the service user to stop and think, develop emotional awareness, develop problem-solving skills, encourage the development of positive relationships, perspective taking, goal setting and seeing the whole picture.

Substance Misuse

Tiered Intervention for Addiction Services



PBNI Substance Misuse Brief Information

Duration	3 months approximately 10 - 12 individual sessions if completed in its entirety
Supervision Length	Minimum 1 year supervision period
Suitability/Risk	Alcohol Audit tool <15 / Leeds Dependence Questionnaire <10
Assessment Tool	Alcohol Audit tool and / or the Leeds Dependence Questionnaire, Tiered Intervention Flowchart

Aims of Intervention

The PBNI Substance Misuse brief intervention aims to explore the individual's motivation to change their alcohol & / or substance misuse whilst increasing insight into their barriers to change. Furthermore, this intervention aims to help the individual identify the effects of their alcohol / substance misuse; help develop a better understanding of the function of their alcohol / substance misuse and connections with offending behaviour. It aims to increase the individual's understanding of the short and long term physical and mental health effects of using alcohol / substances, to help the individual identify and manage their own triggers for alcohol / substance use and to help the service user to develop steps to move forward.

Suitability Criteria

- Males and Females
- 18 and above
- Service users who have presenting issues relating to episodes of inappropriate use of alcohol / substances, which could escalate or lead to heightened risk management issues
- Service users score in the 11 - 15 range of the AUDIT care pathways scoring

Issues to Consider

- The Substance Misuse brief intervention is a low intensity intervention. It can be utilised as an interim measure and motivational aid in preparation for the appropriate service involvement required

Programme Content

The Substance Misuse brief intervention has been designed with the incorporation of the transtheoretical model of change (Prochaska, Orcress, & Diclemente, 1994). Facilitators should use professional judgement to determine suitable modules & exercises, which fit the individual's motivational level & readiness to change. As such, not every module / exercise within the brief intervention must be completed with the individual.

Modules Include:

- Motivation and Getting Ready for Change
- The Ripple Effect of Alcohol & Substances

- Thoughts, Feelings & Substance Misuse
- The Bigger Picture
- Your Future Self

PBNI Victim Awareness Intervention Toolkit

Duration	2 months approximately 5 individual sessions
Supervision Length	Minimum 6 month supervision period
Suitability/Risk	Low, Medium and High Risk
Requirements	Consideration must be given to commencing the intervention within 12 weeks of Order / Licence start date

Aims of Intervention

The aim of this intervention is to assist the service user in considering their behaviour at the time of the offence and to explore how their offending behaviour may have affected others. It aims to encourage the service user to take responsibility for any harm, which they may have caused; to be given the opportunity to share a 'reflective letter' with the Victim Information Unit and to demonstrate positive change in their life.

Suitability Criteria

- Males and Females
- 18 and above

Issues to Consider

- If this intervention is deemed inappropriate due to exceptional circumstances, any deviance from standards should be approved by the Supervising Probation Officers Area Manager

Programme Content

The Victim Awareness Toolkit is an intervention, which is designed to develop the service user's awareness of the impact their offending behaviour on themselves and others. Service users are encouraged to reflect on the actions leading up to their offence and complete a reflective letter to the victim, or someone who was impacted by their offence. Practitioners are encouraged to seek consent to share such letters with the PBNI Victim Information Unit for the purpose of potential restorative opportunity.

PBNI's Accepting Differences Intervention

Duration	4 months (14 sessions)
Supervision Length	Minimum 1 year supervision period
Suitability/Risk	A score of 2 or more in the 9.6 Discriminatory Attitudes element of the ACE
Assessment Tool	ACE Assessment Tool

Aim of Intervention

This brief intervention aims to identify and address 'hate' motivations for crime i.e. where victims of crimes are targeted due to their disability, gender-identity, race, religion/belief, or sexual orientation. The Service User may or may not recognise the role that their thinking has had on their offences: this intervention aims to help them identify how these thoughts contribute to behaviour, which can be harmful for themselves, their social circle, their victims and the wider community.

Suitability criteria

- Males and Females
- 18 and above
- It can be used with individuals who have been convicted of a hate crime or whose offences are suspected to have been motivated or aggravated by prejudiced thinking.
- A score of 2 or more in the 9.6 Discriminatory Attitudes element of the ACE
- Established pattern in previous offending related to hate crime

Additional Brief Interventions

Individuals who do not meet the suitability criteria to undertake accredited programmes can engage in alternative work to address the identified risks / treatment needs related to their offending behaviour.

Therefore, in order to address the commonly identified needs of service users, PBNI's Psychology and Programmes Department have developed a range of brief interventions, which can be availed of during the Supervision period. Such interventions aim to develop the service user's understanding of their offending behaviour and develop skills, which will help them to engage in the community in a more prosocial manner.

These interventions include the following:

- Coping Skills Brief Intervention
- Goal Setting Brief Intervention
- Problem Solving Brief Intervention
- Anger Management Intervention (see below)

Suitability Criteria

- Clearly identified need pertinent to risk
- The individual is ready, willing and able to undertake the planned intervention

Anger Management Intervention

Duration	3 months approximately 8 individual sessions with optional additional resources
Supervision Length	Minimum 1 year supervision period
Suitability/Risk	Low ACE and scoring 2 or less in section 9.1 of the ACE.
Assessment Tool	ACE

Aim of Intervention

This intervention aims to increase the service users understanding of their own thoughts, feelings and behaviours specifically linked to anger. It aims to encourage the service user to identify their triggers and develop skills to manage this in a more pro social manner.

Suitability criteria

- Male and female service users aged 18 and above
- **Low** ACE and scoring 2 or less in section 9.1 of the ACE
- Those whose offending is considered reactive in nature
- Service users must present within supervision as stable (i.e. mental health and / or alcohol and substance misuse) for a period of 6 weeks prior to commencement of intervention
- The service user must consent to participate in the intervention
- Sufficient command of the English language

Anger Management is not suitable for:

- Those whose offending is considered planned / vengeful or considered in nature
- Service users who are scoring medium on the ACE

Programme Content

The Anger Management intervention is based on a cognitive behavioural approach. It consists of 5 modules;

- Understanding Thoughts
- Feelings and Behaviours
- Understanding Your Anger
- Managing Your Anger
- Bringing It all Together

Additional resources for each module can be found at the back of the intervention manual. Such additional exercises are more user friendly in nature and can be used with individuals who have an IQ of 80 or below. Furthermore, an additional resource can be availed of which is specifically related to alcohol misuse and anger.