

Adult LifeskillsLink Courses

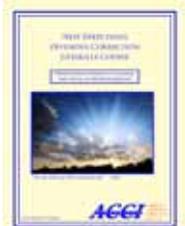
Anger Management



The *Anger Management Lifeskills Course* is not your ordinary anger management course. 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

Offender Corrections



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

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

Driver Responsibility



The *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
- Aggressive driving
- Reckless driving
- Speeding
- Multiple tickets
- Driving without insurance

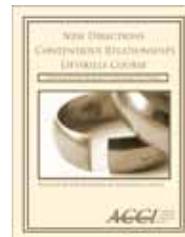
Substance Abuse



The *Substance Abuse Lifeskills Course* 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 course written in a story format.

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

Contentious Relationships



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

Parenting



The *Parenting Lifeskills Course* is for parents only, whereas the *Youth/Parent (W134)* is for both. This is a cognitive restructuring correspondence course 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 course designed for a wide variety of parenting issues, including:

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

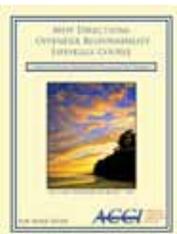
Cognitive Awareness



The *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. Its curriculum, like all ACCI courses, is based on best practices, supported by evidence based results. This course is good for all socioeconomic groups whether criminal or not. Also available in Spanish.

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

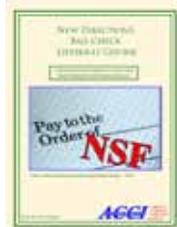
Offender Responsibility



The *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. It is excellent wherever a strong cognitive restructuring component is needed. Also available in Spanish.

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

Bad Check



The *Bad Check Lifeskills Course* 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 course 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, group, or both.

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

Theft / Shoplifting



The *Theft/Shoplifting Lifeskills Course* can be used for home study as well as groups. It is a time-tested course that focuses on the crimes of theft and shoplifting. It discusses the losses to retail merchants and the effect on communities. Like all ACCI courses, it focuses on the thoughts, feelings, emotions, and attitudes associated with shoplifting and other forms of theft.

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

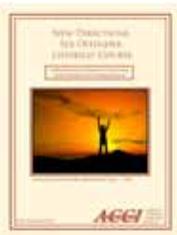
Pornography Addiction



This is a one-of-a-kind course 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.

- Statistics
- Effects
- Internet
- Modeling
- Programming
- Addiction
- Recovery
- Accountability
- Strategies
- Triggers

Sex Offenders



The *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 life skills intervention to help offenders overcome denial, justification, false perceptions, and accept responsibility.

- Self-justification
- Fear/ worry/ stress
- Self-deception
- Sexual addiction
- Faulty thinking
- False programming
- Denial / blaming
- Alternatives

Employment



The *Employment Lifeskills Course* focuses on the self-defeating thoughts and behaviors that keep most people from finding and keeping employment. By using historical fiction, cognitive dissonance, and self-assessments this course helps the individual to identify and change root causes of their employment issues.

- Determination
- Assurance
- Resiliency
- Growth vs Decay
- Forward vs Reverse
- Resistance
- Self-deception
- People skills

Minor in Possession



The *Minor in Possession Lifeskills Course* is written in a story format that focuses on choices such as freedom vs. captivity; self-empowerment vs. loss of control. It is 48 pages in 8 units. It is a journey of self-discovery as students are presented with the dangers of chemical abuse as well as impaired diving.

- Faulty thinking
- Denial
- Choices
- Mind vs. Drugs
- Alternatives
- Life
- Growth vs. Decay
- Self-deception