New Directions (Adult Home Study Workbooks)

Anger Management

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

Offender Corrections

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

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
- Speeding
- Driving without insurance

Substance Abuse

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.

- 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
- Children
- Blaming

Parenting

The New Directions Parenting Lifeskills Course is for parents only, whereas the Youth/Parent (W134) 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
- Abuse
- Anger / Violence
- Foster care
- Neglect
- Addictions
- Anxiety / Emotions
- Parenting skills
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. Its 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
- Addictions
- Self-deception
- Anger
- Worry / Fear
- Thinking errors
- Relationships
- Depression

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. It is excellent wherever a strong cognitive restructuring component is needed.

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

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
- Money management
- Checks and balances
- Skills for life

The Theft/Shoplifting workbook can be used for home study as well as groups. 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

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.

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

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

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