

# BREAKING THE CYCLE SERIES

for cognitive-behavioral treatment

## SUBSTANCE USE AND COGNITIVE- BEHAVIORAL TREATMENT CURRICULUM

*Targeting  
substance use  
and criminogenic  
factors in  
correctional  
systems*



BREAKING THE CYCLE

BASIC  
COGNITIVE  
SKILLS

BREAKING THE CYCLE

CORE  
SKILLS

NONRESIDENTIAL DRUG ABUSE TREATMENT

BREAKING THE CYCLE

GETTING  
STARTED

NONRESIDENTIAL DRUG ABUSE TREATMENT

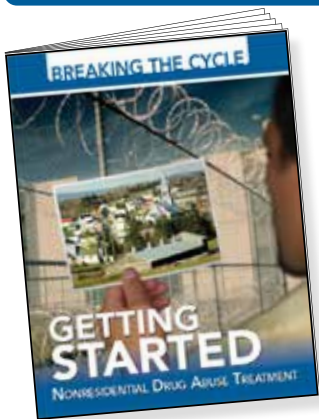
BREAKING

RECOVERY  
MAINTENANCE

NONRESIDENTIAL DRUG ABUSE TREATMENT

# THE BREAKING THE CYCLE SERIES

Developed in collaboration with the Department of Justice, Federal Bureau of Prisons, the ***Breaking the Cycle*** series uses cognitive-behavioral practices and evidence-based strategies to assist participants as they work to make positive changes to their criminogenic thoughts and behaviors and patterns of substance use.



## ***Getting Started***

Item #: BCO1 | 32 pages | \$4.95

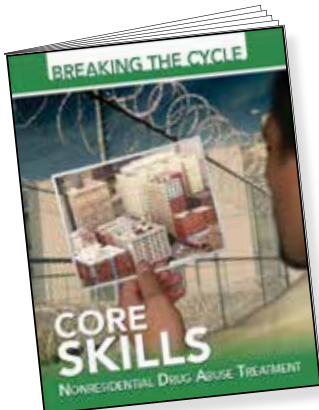
Participants learn eight positive attitudes for success, evaluate their substance use history, explore the process of behavior change and set personal goals.



## ***Basic Cognitive Skills***

Item #: BCO2 | 32 pages | \$4.95

Participants learn to apply the Five Rules for Rational Thinking and to conduct a Rational Self-analysis to check and challenge their thinking and beliefs.



## ***Core Skills***

Item #: BCO3 | 56 pages | \$7.95

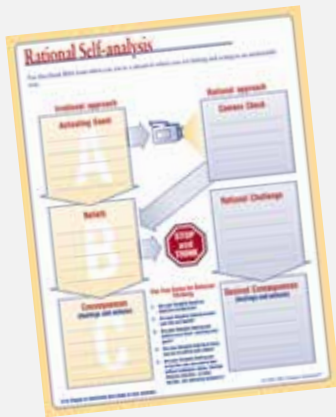
Participants focus on replacing irrational and criminogenic beliefs, improving self-control, practicing effective communication and building healthy relationships.



## Recovery Maintenance

Item #: BCO4 | 36 pages | \$5.95

Participants apply the skills they have learned throughout the program to identify their strengths, learn about relapse warning signs and create their own recovery maintenance plan.



## Rational Self-analysis (RSA) Check Pad

Item #: BCP1 | 50 sheets | \$10.50

Participants learn to use the RSA in the *Basic Cognitive Skills* Interactive Journal. Participants analyze a problem situation, the consequences, and how they can make better choices.



## Attitude Check Pad

Item #: BCP2 | 50 sheets | \$10.50

Participants learn how to use the Attitude Check in the *Getting Started* Interactive Journal. Participants examine their own attitudes in relation to eight positive attitudes.



## Breaking the Cycle Facilitator Guide

Item #: BCFG | 194 pages | \$85.00

This Guide features miniature versions of the Interactive Journal pages with facilitation instructions, recommendations and participant activities wrapped around the border of each page.

**Toll-free: 888-889-8866**



# BREAKING THE CYCLE

## ORDER FORM

**Minimum quantity for Participant Journals is 25**

ITEM #	PARTICIPANT JOURNALS	QUANTITY	UNIT PRICE	TOTAL
BCO1	Getting Started		x \$4.95	=
BCO2	Basic Cognitive Skills		x \$4.95	=
BCO3	Core Skills		x \$7.95	=
BCO4	Recovery Maintenance		x \$5.95	=
BCC0	Complete Journal Set		x \$23.80	=
ITEM #	FACILITATOR GUIDE & ADDITIONAL MATERIALS	QUANTITY	UNIT PRICE	TOTAL
BCFG	Breaking The Cycle Facilitator Guide		x \$85.00	=
BCP1	Rational Self-analysis (RSA) Check Pad (50 sheets per pad)		x \$10.50	=
BCP2	Attitude Check Pad (50 sheets per pad)		x \$10.50	=
SUBTOTAL				
DOMESTIC SHIPPING AND HANDLING 7.5% (MIN. \$7.50)				
TAX (CA, CO, DC, IN, KY, MO, NM, NV, NY, TN, WA)				
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