

## Self-directed Courses for Inmates

### ANGER MANAGEMENT (W 111)



Although the course is titled *Anger Management*, it is a misnomer because we can't manage anger. Once you let anger in, you have to either squelch it or express it; both are harmful. The more we can learn to avoid anger, the more productive our life becomes. Those who anger us, control us!

### COGNITIVE AWARENESS (W 118) & (W 118S\*)



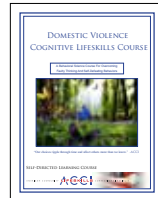
This course is excellent for all offenders, but was primarily designed for offenders and can be used by therapists and others where a strong cognitive component is needed. It is written as historical fiction as it follows real people solving real problems.

### CONTENTIOUS RELATIONSHIPS (W 116 or W 116S)\*



Primarily used by civil courts to help couples resolve their differences, and reduce potential damage to children. The curriculum is cognitive restructuring models which have proven to help individuals overcome negative thoughts, feelings and emotions.

### DOMESTIC VIOLENCE (W 129)



Domestic Violence is a serious crime against humanity because of its far-reaching tentacles and its effect on future generations. This course was designed for both the abuser and the victim. For victims, because of their lack of cognition and propensity for re-victimization. For abusers, because of their self-defeating behaviors.

### DRIVING UNDER THE INFLUENCE (W 128)



ACCI's experience with people who drive under the influence is that they are focused on self and have little regard for others. This group makes little effort to overcome their addictions and considers it their right to drive. ACCI offers a strong cognitive restructuring course that challenges their faulty thinking.

### EMPLOYMENT (W 124)



The number one reason people remain under-employed and unemployed, is thinking errors. Often this faulty thinking has been programmed from one generation to another. This course follows two cousins, Chad and Jessie, and their journey to gainful employment.

### MARIJUANA AWARENESS (W 115)



The *Marijuana Awareness Course* was written as historical fiction; it follows the lives of users and the problems involved in their marijuana usage. It presents the facts and allows the individual to make their own decisions.

### OFFENDER CORRECTIONS (W 112 or W 112S\*)



This course was created for more criminalized, repeat offenders. It guides participants through a cognitive process that directly challenges the thinking errors which result in criminal activity. At its core, it discusses how their self-defeating thoughts and behaviors keep them recycling.

### OFFENDER RESPONSIBILITY (W 119) & (W 119 S\*)



If we are not responsible for our life, who is? Denial and justification are self-defeating thoughts and behaviors that keep offenders trapped in the swinging door of recidivism. It demonstrates the consequences and offers solutions for those that find themselves in the box of self-deception.

### PARENTING (W 117 or W 117S\*)



Abuse and neglect are learned behaviors that, without proper intervention, continue. Raising children who are successful in life is a difficult chore and made more difficult by negative scripting. This course teaches parents important cognitive skills to help them in their parenting.

### THEFT/SHOPLIFTING (W 121)



Theft is not a mistake; it is a choice, a bad decision, and an act of moral turpitude. Shoplifting or stealing to support a chemical addiction causes double jeopardy. This course focuses on helping individuals overcome the self-defeating thoughts and behaviors that resulted in their crimes.

### SUBSTANCE ABUSE (W 114)



This course follows the lives of 2 family groups, the Millers and the Johnson's. One mostly chemically free, the other saturated with chemicals, living in decay in the swamp of despair. It follows their victories and defeats as they confront the drug monster.



Dear Inmate:

ACCI, in partnership with your correctional facility, is excited to offer you it's catalog of cognitive lifeskills courses that are designed to help offenders overcome self-defeating thoughts and behaviors. The focus of these courses is, "you are many times more worthwhile and capable than you might *think* you are." If we can change our thoughts, we can change and improve our behaviors and the quality of our lives. Life is exciting and full of many opportunities; sometimes it is just a matter of finding ourselves.

Benefits:

- ✓ Correspondence life skills courses through the mail.
- ✓ Reduced from \$85 to \$45 for inmates.
- ✓ Nationally recognized evidence-based curriculum.
- ✓ Complete with another inmate of your choosing ("coach").
- ✓ Can satisfy court or other requirements.
- ✓ Fee includes complete kit with instructions.
- ✓ Easy to read and understand; your "coach" can help.
- ✓ Certificate of completion for those who successfully complete.

**Instructions:**

**Step 1:** Choose which course from the catalog is most appropriate for you. If in doubt, ACCI suggests "Offender Responsibility - #W119." If you have interest in more than one course, we suggest ordering only one course at a time, as they have overlapping information.

**Step 2:** You have two options when ordering a course:

- A. You can have a friend or relative visit our web site [www.inmateliveskills.com](http://www.inmateliveskills.com) and order the course of your choice. Each course costs \$45 (shipping included). Or, they can call at 435-633-2100. When they order your course, be sure to have them give us your complete mailing address (including your inmate number and block, floor and cell #, if needed). These courses normally cost \$85.00, but have been sharply discounted for your benefit.
- B. You can have a check for \$45 from your jail/prison account sent to ACCI. Be sure to give us your complete mailing address (including your inmate number and block, floor and cell #, if needed). Please mail to ACCI - CF, P O Box 1910, Orem, UT 84059-1910.

**Step 3:** Once received, ACCI will mail your course kit, which includes instructions, the course of your choice, and a self-addressed, postage-paid return envelope. Complete and return.

**Step 4:** When ACCI receives your completed course, it will be hand-graded, certified, and upon successful completion, a certificate will be mailed to you.

Sincerely;

ACCI Lifeskills

*Please pass the extra flyers  
out to others.  
Thank you!*