

## CALM

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CALM is Controlling Anger and Learning to Manage it. The program teaches individuals about anger and other negative emotions and teaches them the skills necessary to avoid and control negative emotions and aggressive acts.

The requirements for White County Community Corrections "CALM" program clients are:

- Clients are required to complete Thinking for a change LESSONS 1-22
  - Minimum score of 12 on the LSI-R risk assessment.
  - Involved in the following programs: Incarcerated, House Arrest, Work Release, Day Reporting, and Supervised/Unsupervised Probation.
- Referred by the Courts, Probation Department, Community Corrections, Indiana Department of Child Service, and Wabash Valley out Patient service

### CALM EDUCATION

#### CLASS CURRULUM

LESSON 1: INTRODUCTION AND OVERVIEW

LESSON 2: ACTIVE LISTENING SKILLS

LESSON 3: ASKING QUESTIONS

LESSON 4: GIVING FEEDBACK

LESSON 5: OUR THINKING CONTROLS HOW WE ACT

LESSON 6: PAYING ATTENTION TO OUR THINKING

LESSON 7: RECOGNIZING THE THINKING THAT LEADS US INTO TROUBLE

LESSON 8: FINDING NEW THINKING

LESSON 9: USING THINKING CHECK INS

LESSON 10: KNOWING YOUR FEELINGS

LESSON 11: UNDERSTANDING THE FEELINGS OF OTHERS

#### **CALM Continued**

LESSON 12: RESPONDING TO THE FEELINGS OF OTHERS

LESSON 13: PREPARING FOR A STRESSFUL CONVERSATION

LESSON 14: RESPONDING TO ANGER

LESSON 15: DEALING WITH AN ACCUSATION

LESSON 16: INTRODUCTION TO PROBLEM SOLVING

LESSON 17: STEP 1 STOP AND THINK

LESSON 18: STEP 2 PROBLEM DESCRIPTION

LESSON 19: STEP 3 GETTING INFORMATION TO SET A GOAL

LESSON 20: STEP 4 CHOICES AND CONSEQUENCES

LESSON 21: STEP 5 CHOOSE, PLAN, DO. STEP 6 EVALUATE

LESSON 22: SELF EVALUATION: WHAT ELSE DO I NEED.  
LESSON 23: COMMUNICATION ROADBLOCK  
LESSON 24: REPAIRING RELATIONSHIPS  
LESSON 25: COMMUNICATIONS STYLES  
LESSON 26: ANGER AND AGGRESSION IN PERSPECTIVE  
LESSON 27: THE COST AND BENEFITS OF ANGER AND AGGRESSION  
LESSON 28: MONITORING AROUSAL  
LESSON 29: TRIGGERS OF AROUSAL  
LESSON 30: THOUGHT STOPPING  
LESSON 31: TIME OUT  
LESSON 32: THE ROLE OF THOUGHTS IN ANGER AND AGGRESSION  
LESSON 33: RETHINKING OUR PERCEPTIONS  
LESSON 34: RETHINKING AUTOPILOT THOUGHTS  
LESSON 35: PROBLEM SOLVING MODEL  
LESSON 36: SETTING THE STAGE FOR EFFECTIVE COMMUNICATIONS  
LESSON 37: BROKEN RECORD SKILLS  
LESSON 38: FOGGING SKILLS  
LESSON 39: NEGATIVE ASSERTION SKILLS  
LESSON 40: NEGATIVE INQUIRY SKILL  
LESSON 41: LABELING EMOTIONS  
LESSON 42: COPING WITH DEPRESSION AND JEALOUSY  
LESSON 43: COPING WITH ANXIETY  
LESSON 44: SUPERMAN FEELINGS AND SELF-MONITORING  
LESSON 45: BASIC PRINCIPLES  
LESSON 46: HIGH RISK SITUATIONS  
LESSON 47: REHEARSAL  
LESSON 48: MORE REHEARSAL  
LESSON 49: RELAPSE AND REVIEW  
LESSON 50: FAILING TO ACCEPT PERSONAL RESPONSIBILITY  
LESSON 51: SELF RESPONSIBILITY  
LESSON 52: DISTORTED THINKING  
LESSON 53: LETTERS OF RESPONSIBILITY AND APOLOGY

**GRADUATION**