



# BASIC COGNITIVE SKILLS

## DESCRIPTION

Basic Cognitive Skills is a cognitive behavioral therapy (CBT) protocol that is used primarily for group treatment but may be used for individual treatment, in some cases. Through the use of this protocol, participants are taught basic concepts of CBT, including the 5 Rules for Rational Thinking and the use of Rational Self-Analysis (RSA). This resource is consistent with the cognitive skills modules utilized in the Bureau's Drug Abuse Treatment Programs, BRAVE Programs, Challenge Programs, FIT, Mental Health Step Down Programs, Sex Offender Treatment Program, Skills Programs, and STAGES Programs.

The Basic Cognitive Skills journal was designed as a lead-in to other CBT protocols, specifically *Emotional Self-Regulation* and *Criminal Thinking*.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

## LOCATIONS

Available at all BOP institutions.

## NEEDS

Cognitions

## PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Basic Cognitive Skills** must be delivered by Psychology Services.