

## **Cognitive-Behavioral Interventions - Interpersonal Family Relationships (CBI-IFR)**

UCCI CBI-IFR is designed for adult individuals who are moderate to high risk on a general risk assessment and have a need in the area of family. While the curriculum incorporates parenting skills, its primary focus is on those needs that are correlated with recidivism reduction, such as communication and social-emotional skills, patterns of antisocial thinking and behaviors, and obtaining and maintaining support systems. As a cognitive-behavioral curriculum, sessions are skills-based so that individuals learn and practice techniques for managing difficult situations once back in the community. The goal is to improve communication, thinking, social and emotion regulation skills, so that individuals are better prepared to live a prosocial lifestyle that improves outcomes for the entire family unit.