

Cognitive Thinking Skills Program

A cognitive education program designed to educate offenders about healthy thinking patterns and decision making processes.

“Think about your thinking”

Length of Program

12 week minimum requirement. Completion is based on progress, participation and facilitator evaluation.

Registration

The Probation Department will notify you of the next available start date.

Cost

\$200
Cash, Check, Money Order, and Credit Card payments are accepted. Payments can be made at the Probation Department between 8:00 am and 4:30 pm. Payment will **not** be accepted during class.

Please contact 320-591-1550 to arrange a payment plan.

COGNITIVE THINKING SKILLS PROGRAM REQUIREMENTS

- Attend a minimum of 12 consecutive weeks (Thursdays 6pm to 8pm)
- Active participation in all group Discussions
- Complete all homework assignments
- Complete 3 Thinking Reports each week.
NOTE: you must keep all completed Thinking Reports; you'll need to reference them at the end of the program
- Understand all 10 Thinking Distortions
- Identify your top 3 Thinking Distortions and resulting Behavior Tactics

Pine County Probation

635 Northridge Dr NW
Pine City, MN 55063
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12 week Cognitive Skills Program

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Thursdays

6:00pm to 8:00pm

Located at the Pine County Courthouse Jury Assembly Room.

What is Cognitive Thinking Skills?

The word “cognition” is defined as “the act of knowing” or “knowledge.” Cognitive skills therefore refer to those skills that make it possible for us to know.

It should be noted that there is *nothing that any human being knows, or can do*, that he has not learned. This of course excludes natural body functions, such as breathing, as well as the reflexes, for example the involuntary closing of the eye when an object approaches it. But apart from that a human being knows nothing, or cannot do anything, that he has not learned

CRITICAL THINKING:

Critical thinking clarifies goals, examines assumptions, discerns hidden values, evaluates evidence, accomplishes actions, and assesses conclusions.

Critical thinking can occur whenever one judges, decides, or solves a problem; in general, whenever one must figure out what to believe or what to do, and do so in a reasonable and reflective way. Reading, writing, speaking, and listening can all be done critically or uncritically. Expressed in most general terms, critical thinking is “a way of taking up the problems of life.”



PERCEPTION:

The terms “processing” and “perception” are often used interchangeably.

Before one can learn anything, *perception* must take place, i.e. one has to become aware of it through one of the senses. Usually one has to hear or see it. Subsequently one has to *interpret* whatever one has seen or heard. In essence then, perception means interpretation. Of course, lack of experience may cause a person to misinterpret what he has seen or heard. In other words, perception represents our apprehension of a present situation in terms of our *past experiences*, or, as stated by the philosopher Immanuel Kant (1724-1804):

“We see things not as they are but as we are.”

LOGICAL THINKING:

logical thinking is not a magical process or a matter of genetic endowment, but a learned mental process. It is the process in which one uses reasoning consistently to come to a conclusion. Problems or situations that involve logical thinking call for structure, for relationships between facts, and for chains of reasoning that “make sense.”

The basis of all *logical thinking* is sequential thought. This process involves taking the important ideas, facts, and conclusions involved in a problem and arranging them in a chain-like progression that takes on a meaning in and of itself. To think logically is to think in steps.



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