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Nota di contenuto	Part I. Introduction -- Chapter 1. Introduction. Welcome to Responsible Adult Culture -- Part II. Preparation and Implementation -- Chapter 2. Getting Started -- Part III. Motivating Offenders to Help One Another Think and Act Responsibly -- Chapter 3. Cultivating a Responsible Adult Culture through Mutual Help Meeting -- Part IV. Equipping Offenders to Help One Another Think and Act Responsibly -- Chapter 4. Equipping a Responsible Adult Culture through Equipment Meetings -- Chapter 5. Equipping with Skills to Manage Anger and Correct

Thinking Errors -- Chapter 6. Equipping with Social Interaction Skills -- Chapter 7. Equipping with Mature Moral Judgment (Social Decision Making) -- Chapter 8. Final Equipment Meeting: Up or Down? -- Appendices.

Sommario/riassunto

This book presents Responsible Adult Culture (RAC), a truly comprehensive program for helping offenders to think and act responsibly. It provides the tools of the program with great clarity. In addition to exploring the needs of all offenders, the book addresses the special needs of both female and dual-diagnosis offenders. Responsible thinking means habitually seeing others and situations accurately, rather than in self-serving and egocentrically distorted ways. Because self-centered thinking is typically reinforced by negative group norms, RAC starts with the cultivation of a constructive climate ("mutual help" groups) to motivate change. Motivated group members then gain tools for responsible thinking through "equipment" (cognitive behavioral) meetings. These tools pertain to social skills, anger management, and the correction of self-centered thinking through social perspective taking (cognitive restructuring). Beyond documented reductions in distorted thinking and recidivism rates, RAC's synergy or round-the-clock interpenetration of positive groups and tools promotes a safer and more humane institutional culture.
