

Truthought

Florida DJJ Ranking: Practice with Demonstrated Effectiveness

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Overview: The Truthought curriculum teaches participants to recognize problematic thoughts and behaviors and replacing them with responsible thinking choices or correctives. The goal, then, is for participants to apply these skills to their own thinking patterns and behavior in everyday life.

Modality & Dosage: Cognitive-Behavioral Therapy; number of sessions depend on client, 45-90 minutes per session, number of sessions per week depends on client; open group setting.

Population: Male and female youth (12+ years old).

Criminogenic Need: Antisocial attitudes & beliefs.

Facilitator Training & Certification: No known educational requirement.

Fidelity: No known fidelity requirements.

Proven Recidivism Reduction: No.