
CALM

Controlling Anger and Learning to Manage It

A Group Program for Male Offenders

Description of Program:

This is a cognitive-behavioral group training program intended to reduce anger, violence, and emotional loss of control for adult male offenders. The 24 sessions in the CALM Program teach participants the skills necessary to reduce the frequency, intensity, and duration of anger. This helps to lessen the likelihood of the occurrence of aggression and other strong negative emotions.

A variety of techniques promote lasting change of inappropriate thought and behavior patterns. The CALM sessions are practical, highly structured, sequential, and designed to be delivered to groups at risk for inappropriate or violent behavior and, in many cases, criminal recidivism.

The CALM curriculum consists of six sections including:

1. Introduction and motivational enhancement.
2. Managing arousal
3. Thinking patterns
4. Assertiveness and communication
5. Other emotions
6. Relapse prevention

An outcome study recently conducted with high-risk violent offenders in the Canadian Federal correctional system revealed that those individuals who participated in the CALM program demonstrated significant reductions in violent and general recidivism (Dowden, Blanchette, and Serin, 1999).

Training Participants to Deliver CALM to Male Offenders

Training in the CALM program is offered to correctional practitioners during a 4.5 – day intensive workshop. The primary goals of training are to:

1. familiarize participants with the concepts of Anger and Aggression
2. familiarize participants with the CALM curriculum and resources
3. introduce screening and measurement tools for the CALM program.
4. introduce each of the program sections and provide an overview of the content
5. ensure that participants are given the opportunity to model assigned segments of the program.
6. provide participants with feedback on delivery style and knowledge of content.
7. certify participants who successfully meet the requirements for delivery.

Who Should Attend:

It is recommended that participants who wish to deliver CALM have the following characteristics:

1. Previous experience in group delivery.
2. Understanding of cognitive-behavioral theory and application.
3. Willingness to participate in training which includes reading assigned materials and giving presentations as directed by the facilitator.
4. A dynamic and energetic delivery style.
5. Good problem-solving and negotiation skills.

Enrolment for this training is limited to 30 participants.

Training Costs:

Please contact Orbis Partners by phone, e-mail or by filling out a form on the 'Contact Us' page of our website for a cost quotation. Costing is based on a number of factors, including the location, size of group to be trained (only one Orbis trainer is needed for up to 14 registrants; however, two trainers are needed for groups of 15 to 30 participants).

Training Materials:

CALM program materials must be purchased separately from Multi-Health Systems, the publisher of the program materials.

CALM: Certification for Trainers

Certification of Trainers: This is done on a 'per-person' basis to certify trainers who wish to train practitioners to deliver the CALM program. Please contact Orbis Partners by phone, e-mail or by filling out a form on the 'Contact Us' page of our website for a cost quotation.

The authors reserve the right to choose candidates for the certification process. For the above fee, the authors agree to provide the following:

- Ongoing support and supervision throughout the certification process (maximum one year) via the internet to address questions or concerns with respect to program delivery and implementation.
- Review up to eight videotapes (to be determined). The tapes should be submitted by each candidate and receive an above average rating.
- Written feedback reports on the video-tapes.
- Each candidate will receive a set of materials for training, including manual, content for overheads, participant handouts and resources.

Participants who wish to become certified trainers must agree to the following conditions:

- (1) Successful completion of the CALM training as described above;
- (2) Submission of video-tapes demonstrating above average delivery of the CALM program and;
- (3) Co-facilitation of a CALM training with a certified trainer.
- (4) Willingness to sign a contract that outlines the limits of training. Limitations include:
 - the provision of training to practitioners in the immediate agency that the individual works for,
 - training practitioners to deliver the CALM program to offenders- only. The authors reserve the right to provide training for trainers and to certify all trainers,
 - restricting training to the agency means that training and/or presentations at conferences and professional gatherings outside of the agency must be approved by the authors,
 - assurance that participants who attend training purchase materials needed to deliver the program directly from Multi-Health Systems Inc.
 - Notification to the authors of all training that is conducted.
 - Submission of participant lists and evaluation forms to the authors.
 - To preserve the integrity of the program- the authors reserve the right to cancel the certification process and/or ask a candidate to withdraw from the certification process if they are unable to meet the conditions as specified above.

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