

Course Description

Explores how thoughts and beliefs shape behavior and emotion, with a focus on how the brain is affected by repeated behaviors such as pornography use. Students learn how to retrain thinking patterns and restore healthy brain pathways through biblical and cognitive principles.

Criminogenic Needs Addressed: Criminal Thinking, Antisocial Attitudes, Impulsivity/Self-Control, Cognitive Restructuring, Responsivity.

Criminal Thinking – challenges unhealthy thought patterns and behaviors.

Antisocial Attitudes – promotes healthy values, accountability, and emotional awareness to replace negative beliefs, values, and ways of thinking that support harmful, irresponsible, aggressive, or criminal behavior

Impulsivity/Self-Control – addresses compulsive behaviors and teaches self-regulation.

Cognitive Restructuring – helps students retrain destructive thinking patterns and develop healthier brain pathways.

Responsivity – combines biblical and cognitive learning methods to improve understanding and personal change.