



# Changing Offending Behaviour: A Handbook of Practical Exercises and Photocopiable Resources for Promoting Positive Change

*Clark Baim, Lydia Guthrie*

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A one-stop resource of practical exercises for professionals to use in direct work with offenders aged 16+.

Changing Offending Behaviour is a guide to the essentials of rehabilitation theory which also equips the reader with ready-to-use photocopiable exercises and activities to help put the theory into practice in rehabilitation work with adult offenders. Drawing on a range of evidence-based methodologies, theories and treatment approaches, including Cognitive Behavioural Therapy (CBT), Attachment Theory, Relationally-based Therapies, Social Learning Theory, Motivational Interviewing and the Cycle of Change, this resource provides exercises to increase self-understanding, examine patterns of behaviour, and build empathy and other crucial skills. All the exercises are culturally aware and designed for maximum flexibility to meet different needs and learning styles.

Covering must-know theory and packed with practical exercises that work, this is an indispensable resource for probation workers and related professionals.

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