

## Focusing on successful reintegration: Cognitive skills training for offenders (R-19, 1991)

This paper summarizes the underlying principles of the cognitive approach, outlines a strategy for ensuring careful and systematic implementation, and gives some preliminary research data on the effectiveness of the Cognitive Skills Training Program in relation to:

- selection of appropriate offenders for participation in intensive rehabilitative programming -- identification of high risk offenders;
- effects on attitudes, behaviour and cognitive skills -- positive effects on targeted dimensions; and
- postrelease outcomes of offenders -- reduction of recidivism.

The paper provides a comprehensive overview of the development of the cognitive skills training program, program implementation, program effects, postrelease outcomes and future program development.