

# When and where is it held?

Please ask your probation supervisor about the nearest course.

**You can be expected to attend up to four times a week.**

Group rooms are situated on our own premises or external premises which have been assessed to meet the appropriate standards.

We have CCTV for your safety and to record the tutors for training purposes.

# Your rights

**You have the right to:**

- be treated fairly, without discrimination. You must also treat others in this way
- talk to the tutor about your progress. You can have a copy of the report written by the programme facilitator at the end of the programme
- make a complaint. Try to sort it out with the tutor first, then with their manager. If you are still not happy, there is a formal complaints procedure that you can follow. Leaflets with further information are available in the probation office waiting area or see our website.

The Kent, Surrey and Sussex Community Rehabilitation Company Ltd  
Company number 08802556. Registered in England and Wales.  
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# Any questions?

If you have any questions please ask your probation supervisor.

If you need help to understand this leaflet or you need it in another language or format please ring us on 01622 239147.

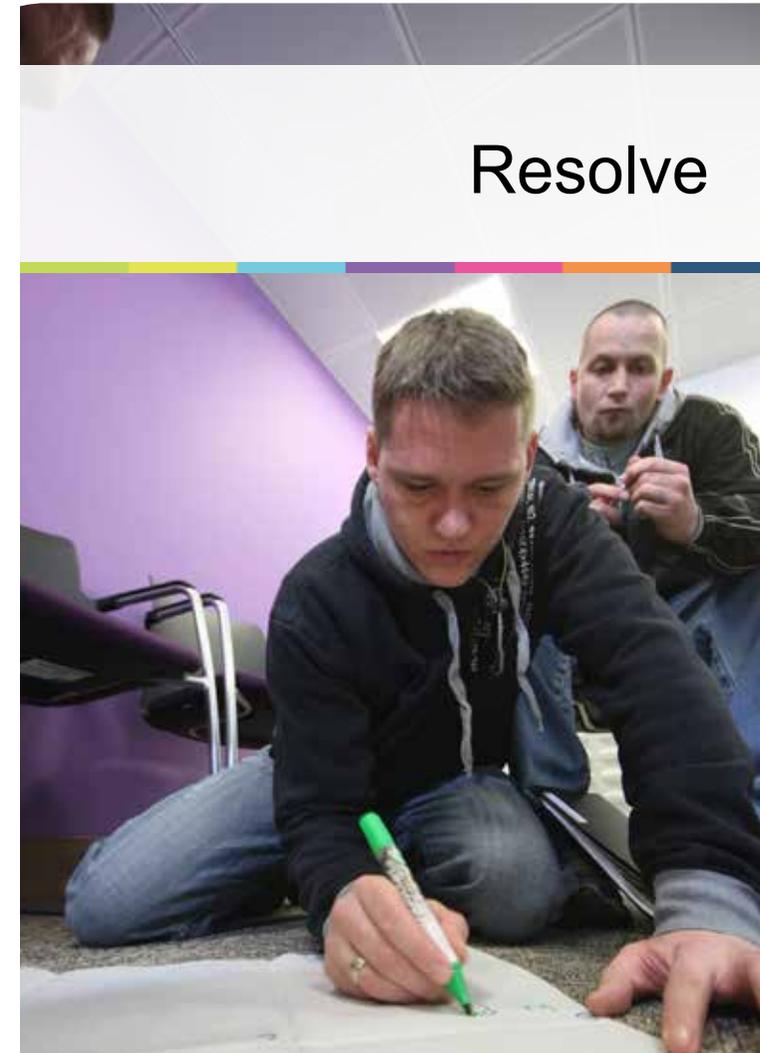
[www.ksscrc.co.uk](http://www.ksscrc.co.uk)

Kent  
Surrey  
& Sussex

Community Rehabilitation Company



*reducing reoffending, improving lives*



# Resolve

*Seetec*  
JUSTICE

# What is Resolve?

**This programme will help you to improve your self-control, manage your aggression and stop your violent behaviour. The court may have ordered you to attend this programme as part of your sentence, or it may be a condition of your prison licence.**

For Resolve, violence is defined as “actual, attempted, or threatened harm to a person or persons”.

It includes threats of harm and aggressive behaviour, as well as physical assaults.

## The programme will help you to:

- develop awareness of violent/aggressive behaviours
- increase your self-control
- identify and challenge hostile thinking
- improve and develop skills to manage emotions
- enhance and develop interpersonal and conflict resolution skills
- develop effective risk management strategies
- maintain change over time.

# What will it involve?

The programme consists of 26 two and a half hour group sessions and four one hour one-to-one sessions with a programme facilitator.

The programme has six modules.

Module	Aims
<b>Foundation</b>	Helps you develop and build greater awareness of your strengths, skills and abilities so you can make positive changes.
<b>Understanding my violence</b>	Helps you develop skills to see situations and make decisions more objectively.
<b>Thinking and attitudes</b>	Helps you to gain insight into your attitudes, beliefs and thinking so you can acquire skills to use non-violent thinking.
<b>Emotions and conflict resolution</b>	Helps you to understand your emotions and develop coping skills.
<b>Lifestyles and associates</b>	Helps you to increase your support network and to identify those supportive of your aim to change and those who are not.
<b>Becoming the new me</b>	Brings together all the work covered by Resolve to help you plan for the future by setting goals.

# What will I need to do?

## You will need to:

- talk about what you have done and, if need be, make changes in your life to avoid reoffending
- attend all sessions, arrive on time and stay to the end
- join in group discussions
- arrive with a clear head, not under the influence of drugs, alcohol or solvents
- be open minded, respectful and listen to what others say and think
- respect confidentiality
- complete some tasks outside of the group
- turn off your mobile phone during sessions.

# What happens if I miss a session?

You have to be at every session. If you miss one, you will need to do a catch-up session before you can carry on with the group. If you miss two sessions without good reason it is likely that you will have to restart the module, and because you may also be in breach of your order, you could be returned to court.

Please talk to us if you are having problems attending sessions. We will try to help.