# DENKZEIT

SOCIAL COGNITIVE INDIVIDUAL TRAINING FOR

CHILDREN, YOUNG PEOPLE AND ADOLESCENTS WITH DISSOCIAL TENDENCIES

#### Features of the Denkzeit programmes

- The training programmes promote protective social cognitive competencies in a targeted manner
- All programmes are modelled as an individual process, one "trainer" works with one client
- They are "manualised", with the first sessions having a fixed structure in terms of their goals, methods and examples
- The dependable, challenging and stimulating relationship between "trainer" and young person is an essential prerequisite for success
- The programmes are broken down into several small steps; the young person regularly experiences successes

### Distinctive features of the training

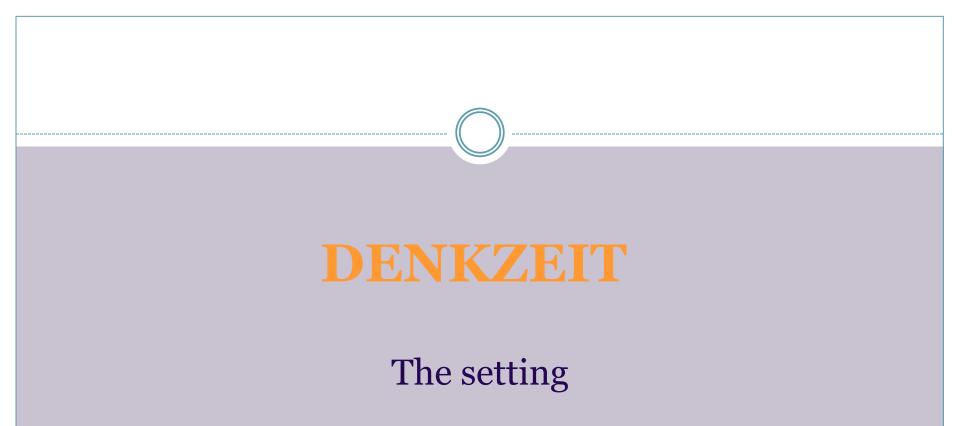
- The competencies that are learnt are practical and immediately usable in the young person's daily life
- The young person is expected to transform his trusted pattern of experience and behaviour progressively into new, socially appropriate behaviour and experiences
- Practical application to the young person's living environment is practised in a protected setting and tested in parallel in "real" life
- These experiences are incorporated into the training
- The training is psychoanalytically oriented in its basic assumptions

# DENKZEIT

The different fields of practice

#### The Denkzeit methods

- Denkzeit Classic (Section 10 JGG (German Juvenile Courts Act))
- Denkzeit Preventive (Article 27 SGB VIII (Volume VIII of the German Social Insurance Code))
- Denkzeit (Youth) Detention Centre
- Denkzeit Interactional (Section 10 JGG (German Juvenile Courts Act))
- Denkzeit Coaching (Section 10 JGG (German Juvenile Courts Act))
- Denkzeit for adults (2014)



### Duration and scope

- DZ Classic: 40 one-to-one sessions of 45 minutes, approx. 9 months
- DZ Preventive: 30 one-to-one sessions of 45 minutes, approx. 7 months
- DZ (Youth) Detention Centre: 40 one-to-one sessions of 45 minutes, approx. 7 months
- DZ Interactional: 40 one-to-one sessions of 45 minutes, approx. 9 months
- DZ Coaching: 18 one-to-one sessions of 45 minutes, incl. clearing, 3 months
- (DZ project days for school classes, 3 days in class)
- (DZ Adults: 40 one-to-one sessions of 45 minutes, approx. 7 months)

#### Supplementary to the training programmes:

Social work, working with parents, low-frequency after-care,

#### The framework

- Mutual agreements on the framework
- Firm, supportive agreements and consequences
- No alliances/fraternisation
- Targeted and agreed interventions
- No explicit handling or examination of 'biographical baggage'
- Stable working relationship
- Transparent information sharing
- constant reference to structure-lending third party (manual)

# DENKZEIT

Structure of the training programmes

#### **Denkzeit Training Modules**

- 1 Module (Session 1 9)
  Analysing problems
- 2 Module (Session 10 15)
  Managing emotions
- 3 Module (Session 16 24)
  Thinking and acting morally
- 4 Free training (Session 25 40)
  Deepening and transmitting learnings

## Module 1: Analysing problems

Recognising that one has a **problem** 

Deciding what the **goal** is

Identifying the **obstacles** to achieving the goal

Considering different possibilities for a decision

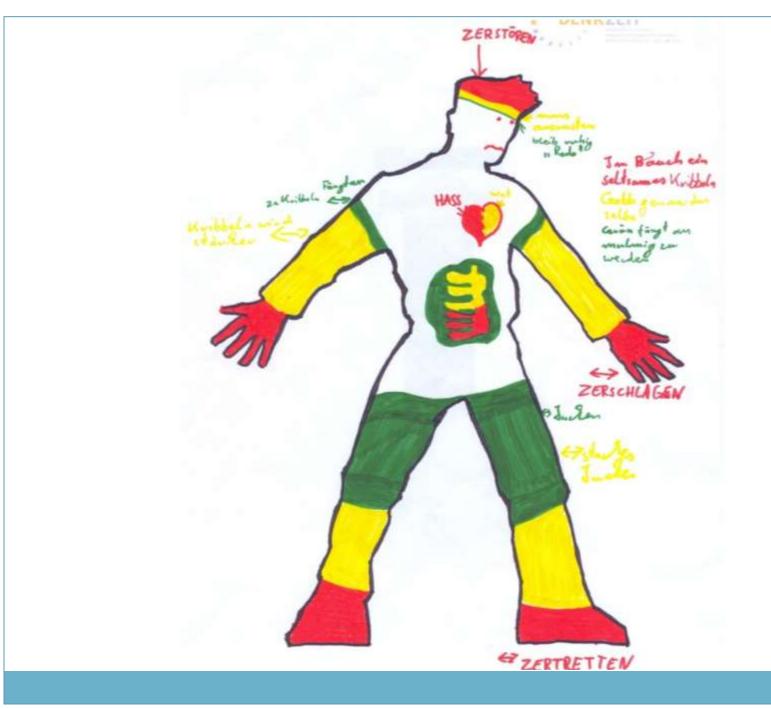
Considering the **consequences** of the decision-making opportunity for oneself and others

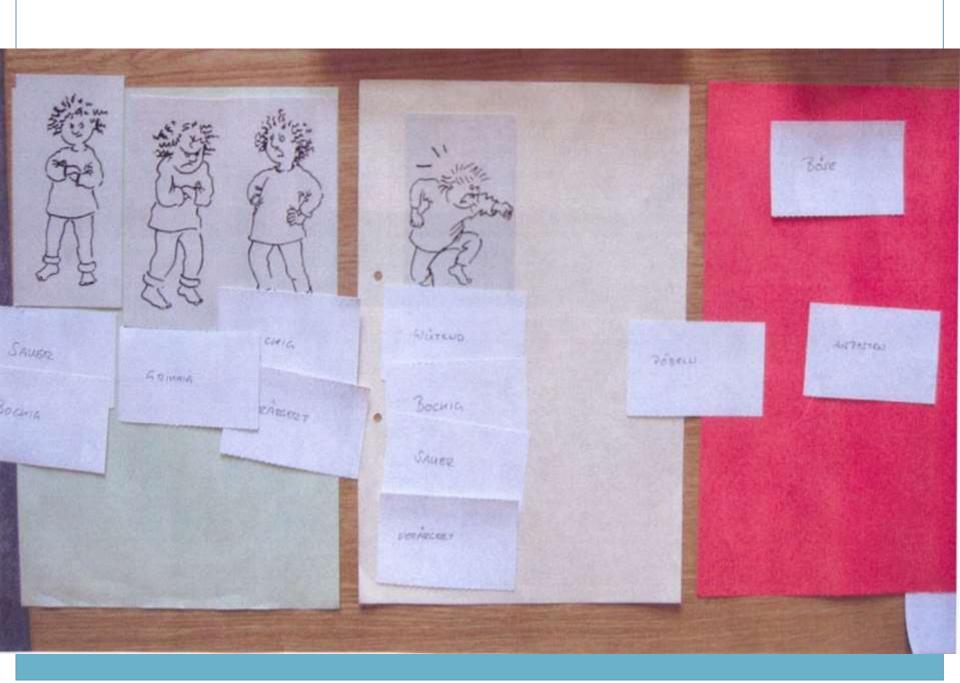
Making a decision after considering the various consequences

**Gauging** how the action will pan out in concrete terms and re-examining whether the best decision was made

# Module 2: Managing emotions









### Module 3: Thinking and acting morally

#### **Difficult moral questions**

- Whether to kill a dog because it has attacked a child.
- Whether to compel someone to do something when you know it is the right thing for him to do.

#### **Dilemma**

• Michael knows that his schoolmates have stolen from other pupils on a number of occasions. He is called to the headmaster's office and asked whether he might know who is stealing from the other pupils. What should he answer?

### Thank you for your attention!

#### **Contact**

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