

# NEW DIRECTIONS — AN INVESTMENT IN THE FUTURE™



## CHALLENGE

Across the United States, recidivism figures ranging from 50 to 80 percent suggest that a revolving door stands at the entrance to our local, state and federal correctional institutions. Exacerbated by more and more first-time offenders joining the ranks of re-offenders, institutional overcrowding presents a dangerous situation for correctional staff, as well as for the inmates. The costs of keeping an inmate incarcerated are skyrocketing and causing incredible strain on budgets.

## SOLUTION

Inmates need to know how to change destructive behaviors. For over 40 years, The Pacific Institute has provided individuals and organizations with an understanding of cognitive psychology that allows people to take accountability for developing behaviors consistent with their goals. *New Directions – An Investment in the Future™* was created with the intent of making stronger connections for application with the incarcerated. Our deliveries, created especially for inmates, have been credited with a 28% reduction in recidivism, marked decreases in incidents within the prison walls, and safer environments for staff and corrections officers.

## DELIVERY

*New Directions* is effective thinking training. Spanning 13 multi-media modules, and utilizing video and audio sessions, written materials, exercises, practice interviews and self-assessment tools, *New Directions* is the foundation of a process that can be used for the long-term incarcerated, those in pre-release and even those on parole. It can be customized to be presented in as little as two days or to span the period of confinement.

## SPECIFICS

Each module of cognitive education helps focus the participant on successfully transitioning into society, and includes:

- Career Goals
- Family Goals
- Financial Goals
- Developing Balance
- Managing Thought to Minimize Stress and Anger
- Diversity Appreciation
- Consideration of Others
- Ultimately, using proven techniques for changing habits, attitudes and beliefs that run counter to goal accomplishment.

## PROVEN

The Pacific Institute's expertise in educating, training, and supporting institutions with the deployment and sustainability of high performance thinking skills has resulted in the aforementioned reduction in recidivism, 50 point increases in self-efficacy, reductions in staff turnover and absenteeism, and increases in overall morale and personal fulfillment. Since 1971, The Pacific Institute has continued to have our curricula scrutinized by leading cognitive researchers; Drs. Bandura, Seligman, Latham, and others help insure that only the finest education and tools are being made available for you to accomplish your goals.

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# LEARNING UNITS

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## Unit 1 Breaking Barriers

This unit will help you understand that our past truly does affect our future. You will learn that your life, to date, has been conditioned by your past experiences, but that your future does not have to repeat your past. Your beliefs today will cause your future.

## Unit 2 Mental Technology, Part 1

Understand the fundamentals of how your mind works. You will learn the power of your beliefs, and how changing your beliefs can change the way you live your life. You have far more potential than you realize, perhaps more than anyone has given you credit for having.

## Unit 3 Mental Technology, Part 2

As you delve deeper in your understanding of how the mind works, you will learn just how powerful your mind, and you, really are. You will learn the role that scotomas have played in your perceptions of who you are.

## Unit 4 Your Self-Image

Your self-image, that internal picture you hold of yourself, is so powerful in helping you to change your future. You will learn an important, and easy-to-use tool to support your efforts to change your self-image – your self-talk.

## Unit 5 Controlling Your Self-Talk

Change is powered from the inside, and there is nothing more powerful in supporting those changes you want to make than your self-talk. Negative self-talk is very damaging, so for positive change, you need positive self-talk.

## Unit 6 Goal-Set for a Positive Future

Our present thoughts determine our future. With positive, affirming thoughts, we stand a better chance at a positive future. You will learn that we move toward what we think about, so we need to dwell on positive, constructive and contributive futures.

## Unit 7 Performance Plus

All of us have setbacks. The key is understanding that they are temporary. Today's setback can be a springboard for positive growth in the future.

## Unit 8 Comfort Zones

Along with our beliefs about ourselves, our comfort zones can really limit our performance. You learn about comfort zones, how you react when you are out of your comfort zone, and how to use your imagination to expand your comfort zones.

## Unit 9 Visualize Your New Future

You have a wonderful tool at your disposal, and that is your ability to imagine your future. No other creature on Earth has this very human ability. You will learn how to use your imagination to “see” yourself into new situations, expanding your comfort zones and raising your performance.

## Unit 10 Goal-Setting

When you set goals for your life, you are deciding what you want your future to look like. By purposely throwing your system out of order, you allow your mind to seek out the new order and achieve your goals.

## Unit 11 It's My Idea!

In this unit, you will understand the difference between constructive and restrictive motivation. When you take charge of your life and your decisions, you choose to put your life on a “want to, like it, love it” basis. You control, and are accountable for, your future.

## Unit 12 Target Your Future

Human beings need goals. Without them, you simply follow the goals of others. In the past, this may have gotten you into trouble – but no more. You have tools at your disposal that will help you achieve your goals.

## Unit 13 On Your Mark, Get Set, Go!

In this unit, you learn the most effective tool for making changes in your life – the affirmation process. Supported by your positive self-talk and a strong, positive self-image, you will become the future you seek today.

## Audio Assimilation Journal

The Audio Assimilation Journal provides three weeks of additional understanding and application of the concepts presented during the video. Also included in the audio set is Lou Tice's Relaxation and Stress Reduction audio.