

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



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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)*



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The setting

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, supervision and practical advice, further training

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)



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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







SAUER
BOCKIG

SCHMIG
GEMINIG

SCHMIG
SCHMIG

WÜTKUD
BOCKIG
SAUER
SCHMIG

ZÄBELN

Bäre

ANFANG



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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