

## **WASHINGTON COUNTY COMMUNITY CORRECTIONS**

### **INTERNS/PROFESSIONALS IN TRAINING VOLUNTEERS**

#### **POSITION TITLE: COGNITIVE BEHAVIORAL INTERVENTIONS**

**GENERAL DESCRIPTION:** The Cognitive Behavioral interventions Intern/Volunteer Position provides candidates the opportunity to work with adult offenders in a group setting using cognitive behavioral interventions. Research has demonstrated that cognitive-behavioral interventions, effectively implemented with appropriate higher risk offenders, can have long lasting positive impacts in lowering recidivism rates and increasing personal skills and competencies. Intern/Volunteers in this position will be exposed to cognitive behavioral intervention theory and practices and have practical experience by co-facilitating cognitive groups once they have had an opportunity to view the process. Intern/Volunteers will have an opportunity to develop an understanding of group dynamics and research-based behavior change strategies such as motivational interviewing. Intern/Volunteer will also have exposure to general probation duties.

#### **EXAMPLES OF WORK:**

1. Read and review literature regarding cognitive behavioral interventions and become familiar with specific group curriculums utilized by Washington County Community Corrections.
2. Observe cognitive skills groups, participate in role plays and present assigned sections of the material.
3. Assist probation officer with supervision of probation clients.
4. Utilize a Strength-based/positive approach to coach and teach high-risk offenders.

**SUPERVISION:** Interns/Volunteers will be under the direct supervision of the Cognitive Skills Probation officer or program manager. Interns/Volunteers will also work with other Adult Probation officers and Adult probation Supervisors.

**WORK SITE:** Washington County Government Center, Stillwater, MN., Washington County Service Center, Cottage Grove, MN.

**TIME REQUIREMENT:** Minimum requirement: 10 hours a week for five months or approximately 200 hours. Schedule includes attend groups once per week from 3:30 p.m. to 8:30 p.m. Intern/Volunteer will be involved in general probation duties 5 hours each week.

**QUALIFICATIONS:** Internship candidates shall have completed at least 3 years of college level work in a related field. Volunteers shall have a 4 year degree or a 2 year degree and at least two years of related work experience.

**Candidates must also meet the Department Standards and Criteria Attached.**