

CIMA Remote Education

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CIMA Remote Education has helped reduce repeat offenses in Colorado since 1979. Our cognitive-behavior approach focuses on changing client behavior not merely giving information. CIMA utilizes a CBT curriculum taught by experienced facilitators. Classes encourage clients to consider the costs and consequences of their behavior; discover the contributing factors and make a commitment to change. Individuals actively participate in a group process and work on behavioral skill acquisition to reduce repeat offenses and support future success.

www.cimaeducation.com or e-mail info@cimaeducation.com.

ALL PROGRAMS ARE LIVE, FACILITATOR LED ON ZOOM.

RESPONSIBLE DRIVING PROGRAMS

Level 1 (1 day) \$60 **Also available in Spanish**

Who is it for: *The irresponsible or inattentive driver, 1st or 2nd citation in a 1-2 Year period (or 1st in several year)*

Topics Include: Getting Down to Basics Responsibility, Me & Driving Impact, Inventories & Interruptions

Just the Facts Problem Solving: The Realities of Driving

Level 2 / Aggressive Driver (1.5 days) \$110 **Also available in Spanish**

Who is it for: *The stressed out or aggressive driver, 3rd or higher citations in a 2-year period*

Repeat offender. Following too close, frequent lane changes, failure to yield, red-light violations, excessive speed, speed contests, texting while driving.

Topics Include: Getting Down to Basics, Responsibility, Driving & Me, Impact, Inventory & Interruptions

Just the Facts, Problem Solving: The Realities of Driving

Level 3 (2 days) \$160 **Also available in Spanish**

Who is it for: *The defiant driver, Several citations in a 2-year period, DUS, DUR, Reckless. Chronic offender.*

Topics Include: Getting Down to Basics, Responsibility, Driving & Me, Impact, Inventory & Interruptions,

Just the Facts, Problem Solving: The Realities of Driving

Road Rage (2 days) \$160

Who is it for: Out of control driver experiencing rage or anger at other drivers. Using vehicle in an aggressive or threatening manner

Topics Include: Introductions, Getting Down to Basics, Responsibility, Me and Driving, What Motivates You, Who is in Control, The Look and Feel of Anger, 10 Point Plan to Avoid Road Rage Incidents, Stress and Coping.

MISDEMEANOR PROGRAMS

Petty Theft (1 day) \$75 Adult (Ages 16 and Older), Youth (Ages 10-15)

Who is it for: *Shoplifting, minor theft. Adult Class also available in Spanish*

Topics Include: Getting Down to Basics, Connecting the Dots, Circles of Influence and Environment, Impact Mind Map, Trust vs Trustworthiness, Reality Check, Economics of Choice, Want vs Need, PACED Decision Making Model

Theft II (1.5 days) \$120 Ages 16 and Older

Who is it for: *Multiple offenses, pattern behavior, felony theft*

Topics Include: Getting Down to Basics, Connecting the Dots, Circles of Influence and Environment, Impact Mind Map, Trust vs Trustworthiness, Reality Check, Economics of Choice, Want vs Need, What is My Temperament?, How Can I Use my Color Temperament?, PACED Decision-Making Model

Conflict Management (1 day) \$75 Adult (Ages 16 and Older) , Youth (Ages 10-15)

Who is it for: *Assault/Fighting/Intimidation/Harassment. Adult Class also available in Spanish*

Topics Include: What is Conflict?, Stages of Conflict, Getting Down to Basics, Communication, Conflict Resolution, Situational Applications

Making Better Choices (1 day) \$75 Adult (Ages 16 and Older) Youth (Ages 10-15),
Adult Class also available in Spanish

Who is it for: *Criminal Mischief, Criminal Trespass, Curfew, Disturbing the peace, etc*

Topics Include: Decisions, Decisions, Decisions, Decision Making Process, This vs That, Theory of Change, Circle of Influence, Impact Mind Map, Resource Mapping, Backwards Planning, Make a Choice.

Substance Abuse (1 day) \$75 Adults (Ages 16 and Older), Youth (Ages 10-15)

Who is it for: *Possession, Paraphernalia, MIP of Alcohol/Marijuana*

Topics Include: Your Story, Fact or Fiction, Why do People Use Substances, Pros and Cons, What is Addiction?, The Pressure's On, Consequences, Values Clarification, What Triggers Me? Stages of Change.

Animal Ordinance Compliance (1 day) \$75 (Ages 16 and Older) **Also Available in Spanish**

Who is it For: *Pet violations (nuisance, or at large dog, etc)*

Topics include: How did I Get Here?, You and your Animal(s), Animal Profile, Responsible Pet Ownership, You, your Pet and Your Community, Who is in Control?, Running at Large, Behavior Problems

Anger Management (6 Weeks) \$300 (Ages 16 and Older) **Also Available in Spanish**

Who is it for: *Long term anger issues, Repeated Assault, Violent Behavior*

Topics Include: What is Anger, What Causes Anger, Getting Down to Basics, Anger: Fact or Fiction, Communication, Listening Blocks, 3 Levels of Listening, Active Listening, Theory of Communication, Anger Types, Hidden Anger, more..

Domestic Conflict (6 Weeks) \$300 (\$450 couples) (Ages 16 and Older) **Also Available in Spanish**

Who is it for: *Low-level Domestic harassment, communication disputes, (not DVOMB Certified)*

Topics Include: Getting Down to Basics, FIRO Theory, What's Your Temperament?, How Can I Use My Temperament?, Dissecting a Message, Barriers to Communication, 4 Elements of Communication, Danger Signals, Giving Feedback, Relationships take Work, Boundaries, What Causes Conflicts, Stage of Conflicts, more...

Parenting (4 Weeks) \$200 (\$350 couples) **Also Available in Spanish**

Who is it for: Low-level offenders

Topics include: Connecting the Dots, What is Parenting, Parenting Style, Effective Communication, Giving Good Directions, What's Your Temperament?, Your Child's Temperament, What is Stress, Impacts of Stress, Family Rules of Engagement, A Look Back, Children's Motivation, What's the Purpose?