



## COURSE OVERVIEW

# Driving Under the Influence

- ✓ Available in workbook
- ✓ Available in Spanish
- ✓ Available in eLearning

ITEM # W 128



## COURSE DESCRIPTION

This course helps those who drive under the influence of chemicals become more aware of the thinking errors that lead to that behavior.

ACCI's experience with people who drive under the influence is that they are focused on self and have little regard for others. This group makes little effort to overcome their addictions and considers it their right to drive. This course offers a strong cognitive restructuring format that challenges the core reasoning, beliefs, and excuses that allow people to repeat and continue driving under the influence.

This self-directed cognitive restructuring course approaches the problem of driving under the influence from a different direction than the normal DUI class. It is especially effective as a self-directed home study program, completed with a coach of the participant's choosing. Today's DUI violators are not your local drunks, but sophisticated chemical abusers who require effective intervention.



## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Personal responsibility
- Decision-making skills
- Positive driver values, attitudes and behaviors
- Positive thinking skills



## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction



## COURSE INFORMATION

Course Format: Printed Workbook  
 Scientific Model: Cognitive Restructuring  
 Author and Publisher: ACCI Lifeskills

Item Number: W 128  
 Workbook Pages: 48  
 Course Length: ~10 hours



## COURSE CONTENT

### UNIT 1: TRAGEDY

Our thoughts drive the behaviors that result in tragedies.

### UNIT 2: DRIVER VALUES

Driving is a shared mutual trust.

### UNIT 3: DRIVER RESPONSIBILITY

If we are not responsible for our lives, who is?

### UNIT 4: LAWS & CONSEQUENCES

Driving is a privilege, not a right.

### UNIT 5: DUI

DUI causes a tangled web of legal and personal problems.

### UNIT 6: ANGER AVOIDANCE

Those who anger you control you.

### UNIT 7: HOW TO CHANGE

The first step toward change is cognitive awareness.



## CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Substance abuse
4. Antisocial personalities



## LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling
- Knowledge check