



LIFE SKILLS COURSE #L 506

Beyond the Wall



COURSE DESCRIPTION

This course is based on the documentary film “Beyond The Wall.” *Beyond the Wall* is a program designed for incarcerated or recently released individuals, to help them envision and create a different pathway into the future using storytelling, mindfulness practices, and journaling as they explore the stories from their past that can best guide them to create the future story that they want to live.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Positive Subconscious Thoughts
- Opportunity and Growth
- Self-Awareness
- Personal and Social Responsibility
- Goal setting and achievement
- Overcome Adversity
- Gain understanding of the interaction between values, attitudes, beliefs, and behavior



RECOMMENDED USES

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



COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
 Course Format: eLearning
 Item Number: L 506
 eLearning Length: 281 Slides
 Scientific Model: Cognitive Restructuring

CRIMINOGENIC NEEDS MET

Antisocial Cognitions, Employment, Family and Marital Relationships



COURSE CONTENT

Unit 1: What is your story?

Unit 2: Watch the 75 minute documentary.

Unit 3: Like the men in the film, we are each on a journey of our own.

Unit 4: We CAN take control of how we respond.

Unit 5: Our stories reveal what's important to us and why.

Unit 6: Uncover where our strengths lie and where our opportunities for growth are waiting for us.

Unit 7: Create a realistic vision for what you want your life to be like.

Unit 8: Seeing ourselves through the eyes of others.

Unit 9: Identifying our triggers, addictions, moods and negative thought patterns.

Unit 10: You are never alone.

Unit 11: Staying Beyond the Wall



PURCHASE OPTIONS

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