



HM Prison &  
Probation Service

# Accredited Programmes and Interventions Team South Central Probation Service

Building Better Relationships (BBR) Programme

Katie Hopkins – Programme and Interventions Manager

Andy Hall



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## BBR Structure

### Foundation



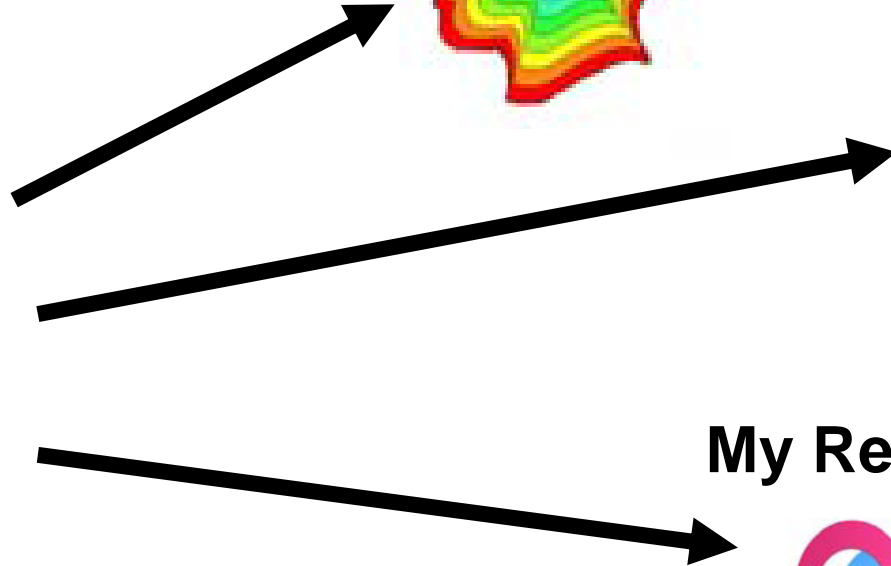
### My Thinking



### My Emotions



### My Relationships



# BBR – Goals for the Programme

## Aims of BBR;

- Reduce re-offending and promote the safety of current and future partners and children.
- Work collaboratively with other agencies to manage risk.

## BBR Treatment Targets;

- Motivation, engagement and protective factors
- Awareness & development of Thinking
- Emotional Awareness & Self-Management
- Understanding my Relationships
- Lifestyle Factors
- Self-awareness