

**Aggression Replacement Training** The purpose of the Aggression Replacement Program is to serve two related goals. The first being to make the feeling of anger in chronically aggressive youth a less frequent occurrence. It also provides such youth with the means to learn self-control when anger is displayed. The program will help identify triggers, monitor emotional cues, and develop calming situations. The program is available to youth 14-18 years of age and there is a total of 12 hours of instruction.

Q. What materials are needed to deliver ART with fidelity?

A. ART Third Edition Manual; skill cards; posters

(<https://www.researchpress.com/books/409/aggression-replacement-training>)

B. Group facilitators should be prepared for every lesson; they should review each lesson and prepare materials (flip charts, copy handouts/homework sheets, rehearse modeling displays, before each session.

C. Dedicated space for group session, free from distraction; U-shape arrangement of chairs and tables/desks

D. Easel pad or whiteboard, markers; copier/printer for handouts; binder/folder for each participant

Q. What are the qualities of effective facilitators?

(1) Have the ability to work with youth, and more specifically have the ability to show sensitivity toward youth with the understanding adolescence is a difficult time of life, often expressed through impulsive and immature behaviors.

(2) Can apply appropriate consequences to difficult or disruptive behaviors without demeaning the youth, while maintaining the scheduled agenda for the group.

(3) Competency in program's content and ability to deliver curriculum with fidelity to the model.

(4) Facilitators must be culturally sensitive, or possess the knowledge, skill, and sensitivity to diversity amongst group members.

Q. What is the expectation for parental involvement for ART?

A. Collaboration between group facilitators and youth's parents, teachers, and other significant adults should be sought whenever possible.

B. In Social Skills Training, facilitators should send home the Staff/Caregiver Social Skills Training Home Note each time a new skill is introduced. This Note includes the purpose and value of the skill, its steps, and any homework assigned.

C. Forms are also available for Anger Control Training and Moral Reasoning sessions.

Q. How many counties are using ART in Georgia?

A. Through the Juvenile Justice Incentive Grant, 4 counties are currently providing ART.

Aggression Replacement Training®, FAQ

Criminal Justice Coordinating Council October 2016

Juvenile Justice Unit, Model Fidelity

Q. What is the Ten-Week ART Curriculum?  
2 Week Social Skills Training Anger Control Training Moral Reasoning Training 1 Making a Complaint ABCs of Anger Jim (or Emilio's) Problem Situation

2

Understanding the Feelings of Others

Hassle Logs and Triggers

Jerry (or Latoya's) Problem Situation 3 Getting Ready for a Difficult Conversation Cues and Anger Reducers Mark (or Ishan's) Problem Situation

4

Dealing with Someone Else's Anger

Reminders

George (or Enzo's) Problem Situation 5 Helping Others Thinking Ahead Sam (or Carmen's) Problem Situation

6

Keeping Out of Fights

Self-Evaluation

Leon (or Cheri's) Problem Situation 7 Dealing with an Accusation Angry Behavior Cycle Reggie (or Big Bear's) Problem Situation

8

Dealing with Group Pressure

Using a Social Skill and Rehearsal of Full Anger Control Chain

Alonzo (or Tara and Lashonda's) Problem Situation 9 Expressing Affection Rehearsal of Full Anger Control Chain Juan (or Lin's) Problem Situation

10

Responding to Failure

Overall Review and Rehearsal of Full Anger Control Chain

Antonio (or Emma's) Problem Situation

To learn more about ART, please visit the Program Profile

To purchase the ART curriculum and additional resources, please visit Research Press Publishers

2 As per Third Edition manual, Table 1.1, p. 17