

Aggression Replacement Training (ART) Communiqué for Teachers, Parents, Mentors, & Community Stakeholders – Week 4

In addition to instruction in social skills, anger control, and moral reasoning, ART participants receive a great deal of support, enthusiasm, encouragement, and reward for their efforts. Research shows that people like you — teachers, facility staff, community workers, parents, friends, peers, employers — are in an ideal position to provide continued and ongoing valuable support.

You can be a powerful ART transfer coach, helping to make sure that the curriculum of skills and ways of thinking tried in ART turn into long-term or even permanent behaviours.

Have a great week!

March 8, 2016: Week 4 – Social Skills – Dealing with Someone Else’s Anger

The objective in this session is to help group members understand the importance of being able to recognize and deal with someone else’s anger. We will provide an opportunity for participants to learn and role-play the steps of the skill and encourage skill use outside the group.

We will define “dealing with someone else’s anger” as being able to understand when another person is angry and identify whether group members are able to do something about the situation.

March 9, 2016: Week 4 – Anger Control – Reminders

In this session, we will introduce the concept of reminders. We will discuss several examples of how reminders can be helpful in situations in which group members must try very hard to keep calm. We will share example reminders that students can use to help calm themselves down, such as: “cool down”, “chill out”, “it’s not worth it”, and “she’s my friend and didn’t mean it.”

Learning about reminders will provide group members with an opportunity to role-play the next step in the Anger Control Chain sequence: triggers (external/internal) + cues + anger reducer(s) + reminders.

March 10, 2016: Week 4 – Moral Reasoning – George’s Problem Situation

The purpose of this week’s moral reasoning session will be to promote perspective taking, mature moral reasoning, and responsible social decision-making, through a situation concerning the primary themes of family, loyalty, quality of life, and life itself.

As in all Moral Reasoning sessions, our discussion will be in 4 phases, closing with a group consensus:

- Phase 1: Introduce the problem situation
- Phase 2: Cultivate Mature Morality
- Phase 3: Remediate Moral Development Delay
- Phase 4: Consolidate Mature Morality

*If you are interested in joining the ART Steering Committee, or would like to learn more about the program, contact Tracy Cardinal @ 780-891-0580