

Aggression Replacement Training (ART) Communiqué for Teachers, Parents, Mentors, & Community Stakeholders – Week 8

We would like to share some specific techniques that you may find valuable as you support our participants as an effective ART transfer coach.

Prompting: Under the pressure of real-life situations both in and out of schools, community agencies, or institutions, ART participants may forget all or part of the social skills (or anger reducing techniques) they learned earlier. If their anxiety isn't too great and they have forgotten all that they learned, all that may be needed for them to perform the skill correctly is some prompting. Prompting is reminding the person what to do (the skill), how to do it (the steps), when to do it (now, or the next time the situation occurs), where to do it (and where not to), and/or why the skill should be used here and now (describing the positive expected outcomes).

Watch for more coaching techniques in the Week 9 Communiqué to assist you to become an even more effective ART transfer coach.

April 12, 2016: Week 8 – Social Skills – Dealing with Group Pressure

The purpose of this session is to help the group members understand the importance of the skill of dealing with group pressure. We will provide an opportunity to role-play the steps of the skill, and encourage skill use outside the group.

We will define dealing with group pressure as standing up for yourself when friends or other people in the community, school, or other situations attempt to influence your thoughts or behaviour in some way.

April 13, 2016: Week 8 – Anger Control – Using a Social Skill and Rehearsal of Full Anger Control Chain

The purpose of this session is to introduce using a social skill in place of aggression to exit the Angry Behaviour Cycle. We will give the group members an opportunity to role-play: *triggers (external/internal) + cues + anger reducer(s) + reminders + thinking ahead + EXIT (social skill) + self-evaluation (self-reward/self-coaching)*.

April 14, 2016: Week 8 – Moral Reasoning – Alonzo'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 honesty and loyalty to friends.

*If you are interested in joining the ART Steering Committee, or would like to learn more about the program, contact Tracy Cardinal @ 780-891-0590