

Aggression Replacement Training (ART) Communiqué for Teachers, Parents, Mentors, & Community Stakeholders – Week 9

Here are more coaching techniques to assist you to become an even more effective ART transfer coach.

Encouraging: Offering support to participants to use a given skill assumes they know it but are reluctant to use it. Encouragement is necessary when the problem is lack of motivation rather than lack of knowledge. Encouragement is best given by gently urging the participant to use the techniques that he or she knows, showing your enthusiasm for the skill, and communicating optimism about likely positive outcomes of its use.

Reassuring: For particularly anxious individuals, skill transfer attempts are more likely to occur if you are able to reduce the fear of failure. Reassurance is often an effective fear-reduction technique. “You can do it,” “I’m here to help you if you need it,” and “You’ve used the other skills (or techniques) well — I think you’ll do fine with this one, too” are examples of the kinds of reassuring statements that can help.

April 19, 2016: Week 9 – Social Skills – Expressing Affection

We will help group members understand the importance of the skill of expressing affection. In this session, 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 expressing affection as letting another person know you care about them in some way and that they are appreciated.

April 20, 2016: Week 9 – Anger Control – Rehearsal of Full Anger Control Chain

We will practice using a social skill to exit the Angry Behaviour Cycle. We will provide an opportunity for group members to role-play: *triggers (external/internal) + cues + anger reducer(s) + reminders + thinking ahead + EXIT (social skill) + self-evaluation (self-reward/self-coaching)*.

Each member will choose conflict situations from the hassle log we have provided and they have filled out. We will also provide the appropriate skill card for reference. We will encourage the group to keep using the social skills they have learned as part of the anger control sequence, emphasizing that doing so and using the other anger control techniques gives them greater power over their own lives.

April 21, 2016: Week 9 – Moral Reasoning – Juan’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 loyalty to friends and life itself.

*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