

Aggression Replacement Training

Aggression Replacement Training (ART) is an evidence-based psychoeducational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program is implemented in a group format by trained school personnel; elementary school social workers may also utilize program components on an individual basis with students.

ART consists of a 10-week, 30-hour intervention, ideally administered to groups of 8 to 12 students three times per week. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger and use more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

ART incorporates three specific interventions: skill-streaming, anger-control training, and training in moral reasoning. Skill-streaming uses modeling, role-playing, performance feedback, and transfer training to teach prosocial skills. In anger-control training, participants must bring to each session one or more descriptions of recent anger-arousing experiences, and over the duration of the program they are trained in how to respond to these experiences. Training in moral reasoning is designed to enhance youth's sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations.

The following school districts implemented Aggression Replacement Training during the 2006-2007 school year:

Copper Country ISD

- Calumet
- L'Anse

Gogebic-Ontonagon ISD

- Ontonagon

To learn more about Aggression Replacement Training, please visit the program web site: <http://www.aggressionreplacementtraining.org/>

To learn more about becoming an Aggression Replacement Training facilitator, please contact project coordinator Brian Rendel: ccartproject@gmail.com

A local training will be held at the Copper Country ISD in Hancock on October 1st and 2nd, 2007; space is limited.