



## ***Aggression Replacement Training***<sup>®</sup>

*Aggression Replacement Training*<sup>®</sup> is a cognitive behavioral intervention program to help children and adolescents improve social skill competence and moral reasoning, better manage anger, and reduce aggressive behavior and ultimately reduce recidivism. Program techniques are designed to teach youths how to control their impulses and take perspectives other than their own. *Aggression Replacement Training*<sup>®</sup> consists of three days of onsite training plus an initial online training to occur before the training. The train-the-trainer course consists of training, supervision and monitoring intended to support proficiency as a trainer.

*The Prepared Adult* is an alternative training approach specific to adult populations. This program includes material from *Aggression Replacement Training*<sup>®</sup>, *Skillstreaming* and *The Prepare Curriculum* with additional resources from authors Mark Amendola, Robert Oliver, & Nick Viglione to specifically address anger management and reduction of aggressive behavior with adults. Similarly, the facilitator session is 3-days of onsite training and the trainer course consists of training, supervision and monitoring intended to support proficiency as a trainer.

### **END USER**

The end user session is three days of training for a maximum of 18 trainees, and is outlined below:

- Day 1: Overview of Principles of Effective Intervention, Best practices in group facilitation, Social context and environmental aggression, Introduction to Skillstreaming
- Day 2: Skillstreaming (demonstration and guided practice), Introduction to Anger Control (demonstration and guided practice)
- Day 3: Introduction to Moral Reasoning (demonstration and guided practice), Implementation planning

### **TRAIN-THE-TRAINER**

The train the trainer session is offered through the University of Cincinnati in partnership with Educational Treatment Alternatives (ETA). ETA will serve as the lead trainer(s) for this training. To qualify for as a candidate for this session, the trainee must have taken the initial end user training and delivered at least two full rounds of the *Aggression Replacement Training*<sup>®</sup> curriculum.

### **CONTACT**

For more information about *Aggression Replacement Training*<sup>®</sup> or *The Prepared Adult*, please contact UCCI Program Manager Jennifer Scott at [Jennifer.Scott@uc.edu](mailto:Jennifer.Scott@uc.edu) .