



Aggression Replacement Training[®]

Aggression Replacement Training (ART) is a cognitive-behavioral intervention implemented in juvenile probation, parole, institutional systems, and schools. ART is designed to assist youth with aggression, reduce anti-social behaviors, and offer an alternative of prosocial skills. It is an intensive and impactful intervention in which youth gain tools to solve problems, make decisions, and interact positively in social situations.



Social Skills Training

Teaches a series of interpersonal skills that address various social situations and serve as an alternative to aggressive behavior. During each Social Skills Training class, participants learn a specific social skill.



Anger Control Training

Focuses on teaching youth self-control in managing their anger. Techniques for reducing anger in difficult situations are introduced and practiced. The goal is to empower youth through positive anger-management methods.



Moral Reasoning Training

Is a method for developing acceptable social attitudes and values. During the group, the youth discuss a moral reasoning dilemma. The development of moral maturity is encouraged through discussion between more mature and less mature moral reasoners.

Discuss Your Needs



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