



ART

ART (aggression replacement training) is a method of working with basic value issues. The focus is on developing the social skills of the children. This method gives each child the opportunity to practice and develop cognitive, affective and behavioral strategies for them to work well in different contexts as children and later as adults.

Art is based on three components:

- Social skills training
- Emotional control training
- Morality training

Social skills training

Social skills training are based on learning social skills in a systematic and efficient way. Educators are “models” of different skills and the pupils role-play them and reflect on how they can make use of the skill in everyday life. The pupils will learn various strategies for both simple and more complex everyday situations.

Systematically working with social skills training is an efficient way to give our pupils functional tools to deal with any adversity in the future. By working with these skills they will also develop the ability to find new strategies in other and new situations.

Emotional control training

Emotional control training is aimed at pupils learn to understand and recognize strong emotions and to deal with them in different types of situations. This is in some contexts called "Aggression Replacement Training". It is important to point out that we are working with a lot more emotions than anger. There are a lot of other emotions that can also be beneficial to master. The educational basic idea is that the pupils are exposed to a situation and expected to choose a behavior, which leads to a positive result. We teach our pupils that the situation is difficult to change, but they can influence the outcome of it by choosing a wise behavior.



Morality training

We often discuss with our pupils about what is "right or wrong" when faced with different dilemma. By changing the conditions in the dilemma, we encourage them to find new solutions to the problem. We train them in creating their own opinions and arguing for them. The aim is also to show different angles of the same problem.

ART according Consultative Support

The original idea of ART was drafted by Albert Goldstein in the United States as a way to treat aggressive adolescents. With ART as educational model we want to highlight the positives of each individual and increase their social competence in order to be able to handle different situations in the best possible way, during lifetime.

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