

STAIRS

Strategies and Techniques for Aggression Intervention and Replacement Skills

For

Sample Agenda

With

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Texts:

Goldstein, A. P. (1999). *The Prepare Curriculum: Teaching Prosocial Competencies* (Rev. Ed.).
Champaign, IL: Research Press.

Workshop Description: This intensive training seminar is designed to provide professionals serving students with emotional/behavioral disorders (EBD) with curriculum-based skills to teach and promote prosocial development. While the content includes essential behavior management competencies, the emphasis is on a curriculum approach to remediating the personal and interpersonal skill deficits of students with learning and challenging behaviors.

Workshop Objectives: The participants will...

1. identify appropriate measures for assessing student needs and current levels of performance;
2. demonstrate proficiency with basic strategies for teaching personal and interpersonal skills;
3. demonstrate skill in selecting relevant/appropriate curricula for the needs of students;
4. demonstrate knowledge and skill in teaching problem solving skills;
5. demonstrate knowledge and skill in teaching social skills;
6. demonstrate knowledge and skill in aggression replacement training;
7. demonstrate knowledge and skill in stress management and empathy training;
8. demonstrate knowledge and skill in developing and leading groups;
9. demonstrate knowledge of group management skills;
10. demonstrate knowledge and skill in transfer and maintenance of student behaviors.

Procedures: Skill-based learning involves acquiring information (awareness), assimilating information (clarifying) accommodating information (skill building) and mastery (practice). People become proficient in using new skills when they have opportunities to work in groups, practice the skills and receive feedback. This training involves active participation and working in teams. Each participant is expected to participate in all group activities and to share equally in the work of his/her team.

