

PROSOCIAL SKILLS - START – STAIRS Training
PROSOCIAL SKILLS-Social Skills Training
START - Social Skills Training and Aggression Replacement Techniques
STAIRS - Strategies and Techniques for Aggression Intervention and Replacement Skills

From
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These flexible training modules are based on and primarily use the resources developed by Dr. Arnold Goldstein and colleagues-“Skillstreaming”, Aggression Replacement Training® and The Prepare Curriculum. All options are oriented to practitioners in education, mental health and juvenile justice with a strong emphasis on application of the skills.

Aggression Replacement Training® and the Prepare Curriculum.

The Aggression Replacement Training® (ART®) book includes three curricula: social skills training (*Skillstreaming the Adolescent*), anger control training and moral reasoning training. *The Prepare Curriculum* (Prepare) includes the three curricula in ART® plus seven additional curricula including: situational perception training, problem solving training, stress management training, recruiting supportive models training, empathy training, cooperation training and understanding and using groups. Dr. Goldstein referred to ART® as the minimum package, and Prepare as a much fuller curriculum. The social skills (Skillstreaming) component of ART® and Prepare is the adolescent version. The elementary and early childhood and high functioning autism versions are not included in either book. *The Equip Program* is a version of ART® with the addition of a “positive peer culture” (PPC) component. This version is oriented for use in juvenile justice and/or residential settings.¹

These books have been written as manuals for individuals with a strong background in cognitive/ curriculum-based intervention. They include “how to” chapters on assessment, delivering the curriculum along with many exercises and reproducible forms. They can be used directly. Experience with role-playing techniques is extremely helpful. However, many new users and even veteran practitioners are much more comfortable using these curricula and methods after receiving direct training.

Support materials are available that can also be helpful. These include student manuals, posters, and boxed sets of skill cards for each version. There is also a lesson plan and activities book for the elementary and early childhood level with a CD including more than 240 reproducible forms. These are not essential, but they are time saving. In addition, DVD versions of training resources are available. See references below.

¹. ART® is listed by the federal government as an evidence-based practice. The research history is available on the BICA website.

TRAINING OPTIONS

Awareness Level: 1 to 3 hours

This option provides a general introduction to psychological skills training with descriptions of essential elements of skills-based curriculum and how to apply them with struggling students within the tiers of intervention. It may be a keynote, standalone presentation or component of a workshop series.

Applied Skills Levels:

Social Skills Training - 1 day Text: *Skillstreaming the* [Adolescent, Elementary, Early Childhood, High Functioning Autism]

This option provides an introduction to learning and psychological skills training, description and demonstration of social skills training and guided practice for participants. It also includes a framework for addressing needs related to implementation planning.

START Training 2-3 days Text: *Aggression Replacement Training*®

This option includes social skills training plus anger control training and moral reasoning training. The minimum is two full days. Three days provides time for participants to move through the teaching/ intervention process with time to address the many implementation questions that they may have.

STAIRS training - 5 days. Text: *The Prepare Curriculum*

This option includes all of the above content plus the additional topics included in *The Prepare Curriculum*. This program also includes units on self-control training, along with selected examples from other resources, planning for behavior management and repeated guided practice sessions to enhance the participants' proficiency with the implementation of these skills. It is the most comprehensive option and the equivalent of a full 3-credit university course and it may be offered for credit.

Training for Trainers: Two optionsT-t-T Skillstreaming (3 days)

Participants will learn:

- A model for understanding behavioral/social deficiencies;
- A framework for psychological skills training;
- The Skillstreaming curriculum;
- How to run training groups;
- How to deal with resistance;
- How to enhance generalization of learned skills;
- How to develop an implementation plan; and
- Helpful supplemental resources.

T-t-T Prepare Curriculum (ask for agenda)

This option is available to school districts or agencies who seek in-depth experiences for individuals who would become trainers. In addition to the content of the STAIRS option (above), this includes content on adult learners and follow-up support.

We believe that applied behavior analysis/positive behavior support (PBS) provides a critical foundation and valuable skills for behavior management. We also believe that if social intervention work is to have lasting and generalizability results we must teach prosocial development curricula. There are now many such curricula available, which we also offer. However, we believe that the best options for this work are based on the pioneering work of Dr. Goldstein.

The BICA is uniquely qualified to offer these training options. It is the home of the Arnold Goldstein Memorial Library, which now houses his entire collection of books from the Center on Aggression (formerly at Syracuse University) including all of his published books. The library is open to the public.

We hope this information is helpful. Please call if it would help to talk directly. We are happy to respond any questions you may have.

Faculty (see bios on our website for more information; call for full vita)

Sheldon Braaten, Ph.D.

Executive Director, Behavioral Institute for Children and Adolescents, Little Canada, MN

Dr. Braaten worked with Dr. Goldstein from the mid 1980s until his passing in 2002. He has provided training across all levels of services for teachers, psychologists, social workers and others using "Skillstreaming", *Aggression Replacement Training*® and *The Prepare Curriculum* for more than 25 years. He developed a

university graduate level methods course in 1992 using *The Prepare Curriculum* as the text which he taught for more than 16 years and it remains the primary resource for professional development training on this topic.

References:

- Goldstein, A. P. (1999). *The prepare curriculum: Teaching prosocial competencies (rev. ed)*. Champaign, IL: Research Press.
- Glick, B. & Gibbs, J.C. (2011). *Aggression Replacement Training: A comprehensive intervention for aggressive youth (3rd-rev. ed)* ®. Champaign, IL: Research Press.

Skillstreaming References:

- McGinnis, E. (2012). *Skillstreaming the adolescent: A guide for teaching prosocial skills (3rd. ed)*. Champaign, IL: Research Press.
- McGinnis, E. (2005). *Skillstreaming the elementary school child: A guide for teaching prosocial skills (3rd. ed)*. Champaign, IL: Research Press.
- McGinnis, E. (2012). *Skillstreaming in early childhood: A guide for teaching prosocial skills (3rd. ed)*. Champaign, IL: Research Press.
- McGinnis, E. & Simpson, R. L. (2017). *Skillstreaming children and youth with high-functioning autism: A guide for teaching prosocial skills*. Champaign, IL: Research Press.

Supplementary resources:

- McGinnis, E. & Goldstein, A. P. (2005). *Skillstreaming in the elementary school: Lesson plans and activities*. Champaign, IL: Research Press.
- McGinnis, E. & Goerish, S. K. (2019) *Skillstreaming in early childhood: Lesson plans and activities*. Champaign, IL: Research Press.
- People Skills: Doin' em Right [DVD- orientation presentation for students]: adolescent and elementary
- Skillstreaming Skill Cards [set]: adolescent, elementary, early childhood and autism
- Skillstreaming Posters: elementary, adolescent
- Skillstreaming Student manual: adolescent and elementary

The Equip Program References:

- DiBiase, A. Gibbs, J. C., & Potter, G. B. (2005). *The equip program for educators: Teaching youth (grades 5-8) to think and act responsibly*. Champaign, IL: Research Press.
- Gibbs, J. C., Potter, G. B. & Goldstein, A. P. (1995). *The equip program: Teaching youth to think and act responsibly through a peer-helping approach*. Champaign, IL: Research Press.

Supplementary resources:

- Barriga, A. Q. (2008). *How I think about drugs and alcohol (HTI-D&A)*. Champaign, IL: Research Press.
- Gibbs, J. C. Barriga, A. Q. & Potter, G. B. (2001). *How I think (HIT) questionnaire*. Champaign, IL: Research Press.
- DiBiase, A., Gibbs, J. C., Potter, G. B., & Blount, M. R. (2012). *Teaching adolescents to think and act responsibly: the equip approach*. Champaign, IL: Research Press.

DVD Training resources: from Research Press, Champaign, IL

- Aggression Replacement Training: A Comprehensive Intervention for Aggressive youth.
Run time 59 min.
- The Skillstreaming Video: How to teach student prosocial skills. Run time 26 min.
- Skillstreaming video: middle and high school version Run time 20 min
- Anger Control Training. Run time 26 min.
- Moral Reasoning Training. Run time 18 min
- Teaching Prosocial behavior to antisocial youth: A workshop with Arnold P. Goldstein.
A comprehensive six-part /DVD set for staff training.

NOTE: These Resources are available through the BICA at discount prices. See our bookstore.