

## A History of Service

Wesley Family Services is a comprehensive human service agency that provides a wide variety of programs, services and activities for children, families, and adults living in the Western Pennsylvania region. We remain committed to our mission...

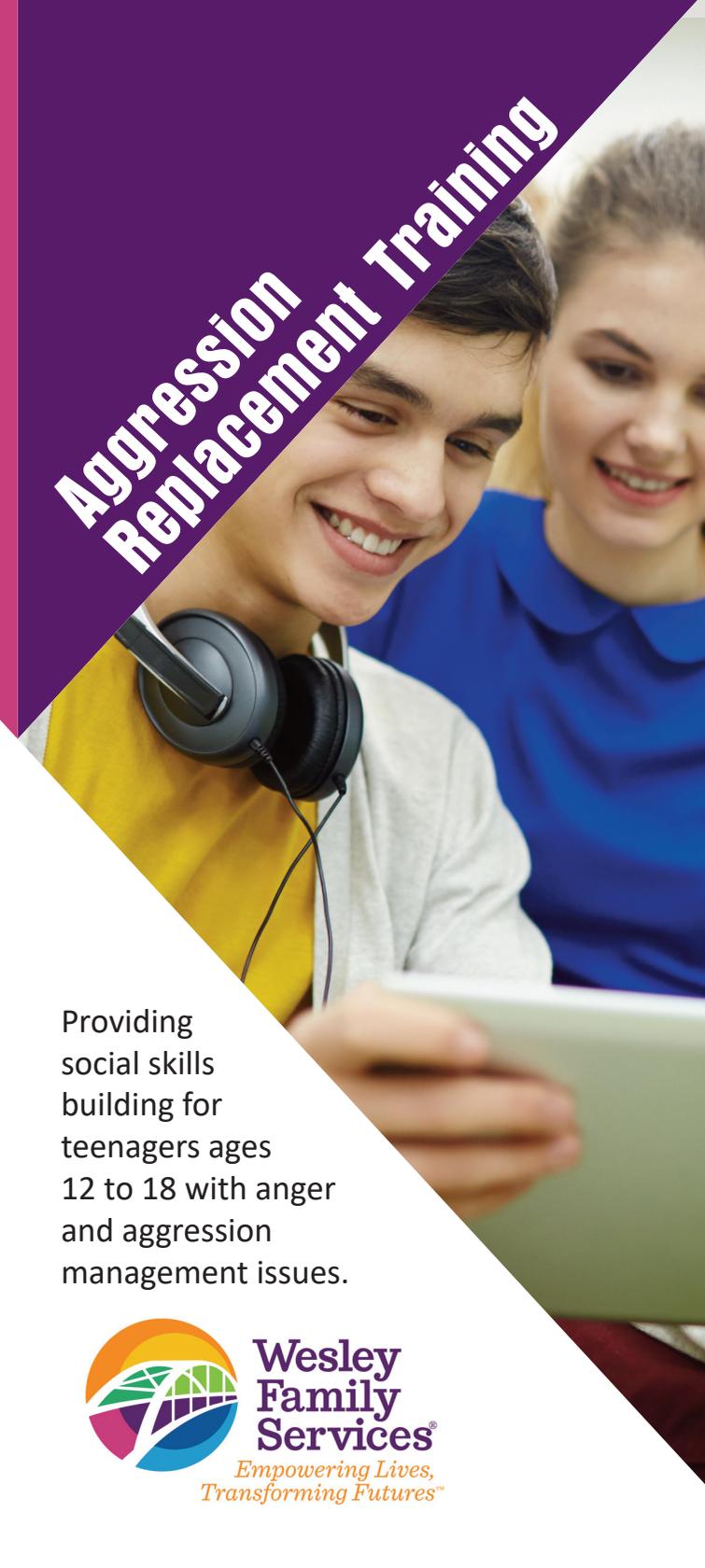
***To empower children, adults and families by providing transformational care.***

Our services are developed in accordance with national service organizations, the Alliance for Strong Families and Communities, and the National Council on Community Behavioral Health and are accredited by the Council on Accreditation of Services for Families and Children. Certification by the Council on Accreditation means that Wesley Family Services meets the highest national standards for professional performance in human services.

Personnel policies, procedures, and practices are designed and implemented to prohibit discrimination on the basis of race, color, religious creed, disability, ancestry, national origin, age, sex, or sexual orientation.



**Aggression Replacement Training**



## Empowering People. Strengthening Communities. Transforming the Future.

Every day, the caring, highly trained staff of Wesley Family Services empowers children, adults and families to overcome challenges so that they can be part of a stronger community with a brighter future. When you or a loved one needs help, we'll be there.

*Empowering Lives,  
Transforming Futures™*

**For more information about Wesley Family Services programs call:**

**412-342-2270**

[www.wfspa.org](http://www.wfspa.org)

Providing social skills building for teenagers ages 12 to 18 with anger and aggression management issues.



**Wesley Family Services®**  
*Empowering Lives,  
Transforming Futures™*





## Program Overview

Aggression Replacement Training (A.R.T.), a Social Emotional Learning curriculum with three components, is evidence-based and designed for teenagers who need help managing their anger. We use scientifically proven methods to help members of the group build the skills they need to manage anger in social settings. The program lasts for 10 weeks and participants typically attend three one-hour sessions each week (30 hours total).

Three components of Aggression Replacement Training are:

1. Anger Control
2. Skills Streaming
3. Moral Reasoning

## Anger Control

**Goal: To teach youth self-control of anger.** The A-B-Cs of anger include:

**A: Activating event.** *What triggered the problem? What led up to it?*

**B: Behavior.** *What did you do? (Actual response to Activating Event.)*

**C: Consequences.** *What were the consequences to you and the other person/people?*

## Skills Streaming

**Goal: To teach youth a broad spectrum of pro-social behaviors.**

This is achieved by Role Playing and Modeling.

Group I: Beginning Social Skills	
1. Listening	5. Saying Thank you
2. Starting a Conversation	6. Introducing Yourself
3. Having a Conversation	7. Introducing Other People
4. Asking a Question	8. Giving a Compliment
Group II: Advanced Social Skills	
9. Asking for Help	12. Following Instructions
10. Joining In	13. Apologizing
11. Giving Instructions	14. Convincing Others
Group III: Skills for Dealing with Feelings	
15. Knowing Your Feelings	19. Expressing Affection
16. Expressing Your Feelings	20. Dealing with Fear
17. Understanding the Feelings of Others	21. Rewarding Yourself
18. Dealing w/Someone Else's Anger	
Group IV: Skill Alternatives to Aggression	
22. Asking Permission	27. Standing Up for Your Rights
23. Sharing Something	28. Responding to Testing
24. Helping Others	29. Avoiding Trouble w/Others
25. Negotiating	30. Keeping Out of Fights
26. Using Self-Control	
Group V: Skills for Dealing with Stress	
31. Making a Complaint	37. Responding to Persuasion
32. Answering a Complaint	38. Responding to Failure
33. Being a Good Sport	39. Dealing w/Contradictory Messages
34. Dealing with Embarrassment	40. Dealing with an Accusation
35. Dealing with being Left Out	41. Getting Ready for a Difficult Conversation
36. Dealing with Group Pressure	
Group VI: Planning Skills	
42. Deciding on Something to Do	46. Gathering Information
43. Deciding What Caused a Problem	47. Arranging Problems by Importance
44. Setting a Goal	48. Concentrating on a Task
45. Deciding on Your Abilities	

## Moral Reasoning

**Goal: To raise youth's level of fairness, justice, and concerns with the needs and rights of others.**

This is done by using Moral Dilemma Discussions to generate conversation among the group. After reviewing a dilemma of values or morality, individuals discuss possible action choices that the central character in the dilemma has. Discussion group members decide what they believe the character should do and consider why they believe certain choices are right or wrong.

As members of the discussion consider the implications of such actions on other characters and review how personal opinions with the group may have changed during the discussion, they recognize and practice decision-making based on ethical principles and values in a non-threatening, safe, and inviting environment.

## Referral

Referrals are made through Juvenile Probation offices. Private pay referrals through schools, other organizations, and self-referrals are also available.

## For Additional Information

For additional information, please contact:

**Michelle Voelker**  
 Michelle.Voelker@wfspa.org  
 Ph: 412.342.2226

