

A SHORT DESCRIPTION OF WASHINGTON STATE AGGRESSION REPLACEMENT TRAINING (WSART)

Washington State Aggression Replacement Training (WSART) is a specific form of Aggression Replacement Training that is implemented statewide through our juvenile justice system. As published by the Washington State Institute for Public Policy (WSIPP) the cost benefit ratio for WSART varies from \$11.66 to \$41.75 in reduced costs of future criminal behavior.

WSART is a cognitive behavioral intervention consisting of three individual classes per week for ten weeks. The first class each week is Social Skills Training or Skillstreaming. Social Skills Training was originally developed by Dr. Arnold Goldstein in the 1970s. During each Social Skills Training class the participants learn an individual Social Skill which has defined Skill Steps. The class is designed to use a "Tell, Show, Do, Feedback" method of skill instruction. The Skill Trainers first describe the Social Skill and the Skill Steps (Tell). The Skill Trainers then Demonstrate the Social Skill using an adolescent situation (Show). The Skill Trainees each then Practice the Social Skill using a situation they could encounter the following week (Do). Following each Practice the practicing Trainee receives Performance Feedback from the group (Feedback). Each Trainee is then assigned Homework and required to Practice the new Social Skill in a real life situation during the following week. After practicing the Social Skill the Trainee reports back to the group how well the Skill was implemented and the results of the real life Practice.

Anger Control Training is the second component of WSART. It is a sequence of classes originally developed by Dr. Eva Feindler. The course teaches the Trainees that anger is a normal emotion. It emphasizes the development and maintenance of Personal Power through constructive anger management. The Anger Control Chain concepts (Triggers, Body Signs, Anger Reducers, Reminders, Thinking Ahead, Social Skill and Self-Evaluation) are taught incrementally using the same Tell, Show, Do, Feedback techniques used in the Social Skills Training classes. Homework for this class is the Hassle Log which was developed by Dr. Feindler.

Moral Reasoning is a structured discussion group developed by Dr. John C. Gibbs. It is founded on the ideas of Piaget and Kohlberg and social learning theory. The Trainees are first taught four cognitive distortions or thinking errors commonly used by adolescents and others to justify anti-social behavior. During the group the Trainees discuss a moral reasoning dilemma. The dilemmas generally have a self-centered individual who has created an issue for the central character. The development of Moral Maturity is encouraged through discussion between the more Mature Moral Reasoners and the less Mature Moral Reasoners. The Trainer's function in this group is to orchestrate the discussion so the Less Mature Reasoners can understand the perspective of the More Mature Reasoners.