



# **Experience with implementation of Aggression Replacement Training in Russia**

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# A multimodal program consisting of 3 components

**Social Skill Training**

Addressed to the children and youths

**Lack of skills**

**Anger Regulation Training**

Addressed to the children and youths

**Lack of emotion regulations**

**Moral Reasoning Training**

Addressed to the children and youths

**Lack of empathic thinking**

# Implementation of Aggression Replacement Training



- Totally 10 training seminars in the 4 regions (260 trainers educated)
  - Qualification criteria as trainer:
    - 10 days training with one instructor pr. 10 participants
    - 18 additional rehearsals
- Totally 80 Family-ART trainers educated
- Education of 16 master trainers in the 4 regions (trainers of trainers)
  - Qualification criteria as master trainer
    - Trainer education
    - Fulfilling the program
    - Additional participation in 2 trainer seminars with gradually more responsibility for presentations and supervision in groups
    - Program supervision in institutions with supervision from Norway
    - Totally 9 days with education in the theoretical under spinners of the program



# 15 master trainers in 4 regions educated



# ART in social and educational institutions

- 2010 – 2014, 6 schools and 4 social institutions from four regions in North-West Russia
- N = 232
- Kopusov, R., Gundersen, K. & Svartdal, F., (2014) “Efficacy of Aggression Replacement Training among children from North-west Russia” *The International Journal of Emotional Education*. Volume 6, Number 1, pp 14-24
- Evidence on the efficiency of ART in the increasing of social skills among children obtained ART program.



# Experience from the project

- High competence among participants
- We are impressed by the participants creativeness - We have learned a lot from the Russian culture
- Leaders involvement the best premise for success.
- High turnover in most of the organisations. That includes both leaders and trainers





Reading homework



Roleplay





From Trainereducation

# Challenges

- How can the program be approved by Russian authorities?
- Social institutions have no licence to educate new trainers
- How can the project / authorities finance the activities of the master trainers?
- Translation and eventually publishing a new book on Advanced ART
- Still need for booster sessions and supervision of master trainers