Evidence-Based Group Interventions for Children and Adolescents

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Group Therapy

• Benefits
  • Cost-effective
  • Serve greater number of clients
  • Peer support
    • Greater empowerment
    • Enhanced self-efficacy
    • Improved social networks
  • Effectiveness
Group Interventions

- Social Skills
- Depression
- Anxiety
- Obsessive-Compulsive Disorder
- Trauma
- Disruptive Behavior
- Divorce
Social Skills

- Skillstreaming
- UCLA PEERS
- Social Skills Group Intervention (S.S. Grin)
Social Skills: Skillstreaming

☐ Uses modeling, role-playing, performance feedback, and generalization

☐ Each book includes:
  - Program content and implementation
  - Skill outlines and homework reports
  - CD with reproducible forms and handouts

☐ Tips for implementation in schools
Social Skills: Skillstreaming

• Skill Areas
  • Friendship-Making Skills
  • Dealing with Feelings
  • Alternatives to Aggression
  • Dealing with Stress

• Early Childhood
  • Beginning Social Skills & School Related Skills

• Elementary School Child & Adolescent
  • Classroom Survival Skills
# Social Skills: Skillstreaming

<table>
<thead>
<tr>
<th>Ages/Grades</th>
<th>Preschool-High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Format</td>
<td>Adaptable</td>
</tr>
<tr>
<td>Materials</td>
<td>Required: Program Book ($45)</td>
</tr>
<tr>
<td>Optional:</td>
<td>Student Manual ($13), Lessons Plans &amp; Activities ($65), other materials</td>
</tr>
<tr>
<td>Trainings:</td>
<td>Optional: Skillstreaming DVD - Educator Training (Includes Elementary and Adolescent Program Books; $125)</td>
</tr>
<tr>
<td>Language</td>
<td>English</td>
</tr>
<tr>
<td>More information</td>
<td><a href="http://www.skillstreaming.com">www.skillstreaming.com</a></td>
</tr>
</tbody>
</table>
Social Skills: UCLA PEERS

- The UCLA Program for the Education and Enrichment of Relational Skills (PEERS)
- Evidence for use with teens with autism spectrum disorders
- Also treats ADHD, anxiety, depression
- Practice skills in session during real play activities
- Socialization homework assignments
Social Skills: UCLA PEERS

Topics of Instruction
- How to use appropriate conversational skills
- How to find common interests by trading information
- How to appropriately use humor
- How to enter and exit conversations between peers
- How to handle rejection, teasing, and bullying
- How to handle rumors and gossip
- How to be a good host during get-togethers
- How to handle arguments and disagreements
- How to make phone calls to friends
- How to choose appropriate friends
- How to be a good sport
- How to change a bad reputation
Social Skills: UCLA PEERS

Ages/Grades: Middle School-High School
Format: 14 90-minute sessions
Small groups: Materials Required: Manual ($52)
Trainings: Required to be PEERS Certified
        4-day training ($2200)
Language: English
More information: http://www.semel.ucla.edu/peers
Social Skills: S.S. Grin

- Social Skills Group Intervention (S.S. Grin)
  - EC
  - K-2
  - 3-5
  - High Functioning Autism (S.S. Grin – HFA)
  - Adolescent (S.S. Grin-A)
Social Skills: S.S. Grin

• Proven to reduce school violence and increase social-emotional competence
• Skills taught through dynamic instruction and practice (games & activities)
• Scripted lesson plans
  • Modeling
  • Positive reinforcement
  • Cognitive reframing
# Social Skills: S.S. Grin

<table>
<thead>
<tr>
<th>Ages/Grades</th>
<th>Preschool-16 years old</th>
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</thead>
<tbody>
<tr>
<td>Format</td>
<td>10-12 sessions</td>
</tr>
<tr>
<td>Materials Required:</td>
<td>Online Kit($195-$265) or Physical Kit ($595-$795)</td>
</tr>
<tr>
<td>Trainings:</td>
<td>Online training included in kit cost</td>
</tr>
<tr>
<td>Language:</td>
<td>English</td>
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<tr>
<td>More information</td>
<td><a href="http://www.selmediainc.com/ssgrin/overview">http://www.selmediainc.com/ssgrin/overview</a></td>
</tr>
</tbody>
</table>
Depression

- Penn Resiliency Program
- ACTION
- Adolescents Coping with Depression (CWD-A) & Group for Parents of Depressed Youth
- Coping with Stress Course (CWS)/POD-TEAMS Depression Prevention Program
Depression: Penn Resiliency Program

• Teaches cognitive-behavioral and social problem-solving skills
• Students learn to
  • detect inaccurate thoughts
  • evaluate the accuracy of those thoughts
  • challenge negative beliefs by considering alternative interpretations
Depression: Penn Resiliency Program

• Students learn techniques for
  • Assertiveness
  • Negotiation
  • Decision-making
  • Social problem-solving
  • Relaxation

• Skills introduced through
  • Skits
  • Role plays
  • Short stories
  • Cartoons

• Skills are practiced using hypothetical situations
Depression: Penn Resiliency Program

Ages/Grades: 10-13 years old
Format: 12 90-minute sessions or 18-24 60-minute sessions (some projects have used shorter versions)
Small group
Materials: Available for research purposes
Trainings: 3-10 days
Group supervision every 1-2 weeks
Language: English
More information: http://www.ppc.sas.upenn.edu/prpsum.htm
Depression: ACTION

☐ Skills
  ☐ taught using didactic presentations and experiential activities
  ☐ rehearsed during in-session activities
  ☐ applied through therapeutic homework
Depression: ACTION

- Components
  - Psycho-education
  - Goal setting
  - Behavioral activation
  - Coping skills and emotion regulation skills training
  - Problem solving skills
  - Cognitive restructuring
  - Improvement in self-schema
  - Self-monitoring
  - Self-evaluation
  - Self-reinforcement
  - Social reinforcement
  - Interpersonal skills
## Depression: ACTION

<table>
<thead>
<tr>
<th>Ages/Grades</th>
<th>9-14 years old</th>
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<tbody>
<tr>
<td></td>
<td>Females</td>
</tr>
<tr>
<td>Format</td>
<td>20 60-minute group sessions + 2 60-minute individual sessions</td>
</tr>
<tr>
<td></td>
<td>Groups of 4-6</td>
</tr>
<tr>
<td>Materials</td>
<td>Child Workbook ($27)</td>
</tr>
<tr>
<td></td>
<td>Therapist Manual ($24)</td>
</tr>
<tr>
<td>Trainings</td>
<td>Not required</td>
</tr>
<tr>
<td></td>
<td>Contact developer</td>
</tr>
<tr>
<td>Language</td>
<td>English, Spanish, Dutch</td>
</tr>
<tr>
<td>More information</td>
<td><a href="http://www.workbookpublishing.com">www.workbookpublishing.com</a></td>
</tr>
</tbody>
</table>
Depression: Adolescents Coping with Depression (CWD-A)

• CBT treatment for actively depressed adolescents

• Accompanying parent group:
  • “Group for Parents of Depressed Youth”

• Skills
  • Relaxation
  • Pleasant activities
  • Constructive thinking
  • Social skills
  • Communication
  • Negotiation
  • Problem Solving
Depression: Adolescents Coping with Depression (CWD-A)

<table>
<thead>
<tr>
<th>Ages/Grades</th>
<th>Adolescents</th>
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</thead>
<tbody>
<tr>
<td>Format</td>
<td>16 2-hour sessions</td>
</tr>
<tr>
<td>Materials</td>
<td>Teen Workbook (free)</td>
</tr>
<tr>
<td>Therapist</td>
<td>Manual (free)</td>
</tr>
<tr>
<td>Trainings</td>
<td>Not required</td>
</tr>
<tr>
<td>Language</td>
<td>English</td>
</tr>
</tbody>
</table>
Depression: Group for Parents of Depressed Youth

<table>
<thead>
<tr>
<th>Ages/Grades</th>
<th>Parents of adolescents receiving CWD-A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Format</td>
<td>8 2-hour sessions</td>
</tr>
<tr>
<td>Materials</td>
<td>Parent Manual (free)</td>
</tr>
<tr>
<td></td>
<td>Parent Workbook (free)</td>
</tr>
<tr>
<td>Trainings</td>
<td>Not required</td>
</tr>
<tr>
<td>Language</td>
<td>English</td>
</tr>
</tbody>
</table>
Depression: Coping with Stress Course (CWS)/POD-TEAMS Depression Prevention Program

• CBT treatment for adolescents at risk of becoming depressed
  • past episode of depression
  • persistent subdiagnostic dysphoria and/or other depressive symptoms
  • depressed parents
  • being a pregnant, single teen mother
  • having some other known risk factor for depression.
Depression: Coping with Stress Course (CWS)/POD-TEAMS Depression Prevention Program

• Topics
  • Psychoeducation
  • Cognitive-restructuring skills
    • Techniques for modifying irrational and negative self-statements and thoughts

• Instruction
  • Lectures
  • Discussion
  • Activities
    • Demonstration
    • Group
    • Team
    • Role-playing
    • Homework
Depression: Coping with Stress Course (CWS)/POD-TEAMS Depression Prevention Program

Ages/Grades: Adolescents
Format: CWS: 15 1-hour sessions 2-4 times per week
POE-TEAMS: 8 90-minute sessions once a week
Small group
Materials: Teen Workbook (free)
Therapist Manual (free)
Trainings: Not required
Language: English
Anxiety

• Coping Cat
• Cool Kids
• Social Effectiveness Therapy for Children & Adolescents
• Parent groups
  • Keys to Parenting your Anxious Child
  • Helping Your Anxious Child: A Step-by-Step Guide for Parents
Anxiety: Coping Cat

• Components:
  • Psychoeducation
  • Exposure tasks
  • Somatic management (including relaxation)
  • Cognitive restructuring
  • Problem solving
Anxiety: Coping Cat

• Cognitive restructuring addresses FEAR:
  • Feeling frightened
  • Expecting bad things
  • Attitudes and actions that will help
  • Results and rewards
Anxiety: Coping Cat

Ages/Grades 7-13 years old
Format 16 50-minute weekly sessions
Groups of 4-5
Materials Child Workbook ($27)
Therapist Manual ($24)
Trainings Not required
Language English, Spanish, Chinese, Japanese, Hungarian, Norwegian
More information www.workbookpublishing.com
Anxiety: Cool Kids

• Components:
  • Psychoeducation
  • Cognitive restructuring
  • Parent skills
  • In-vivo exposure
  • Social skills
  • Coping strategies

• Specific adaptation for schools
### Anxiety: Cook Kids

**Ages/Grades**  
7-17 years old  
Prevention program for 3-6-year-olds also available

**Format**  
12 60-minute weekly sessions  
Groups of 6-8

**Materials**  
Cool Kids Program Kit (Therapist Manual + 1 Parent Workbook + 1 Child Workbook; $60 AUS)  
Workbooks (Parent & Child; $32 AUS)

**Trainings**  
Not required

**Language**  
English, Spanish, Chinese, Danish, Icelandic, Korean, Swedish, Turkish

**More information**  
Anxiety: Social Effectiveness Therapy for Children & Adolescents (SET-C)

• Behavioral treatment for social phobia

• Components:
  • Social skills training
  • Peer generalization sessions
  • Individual exposure therapy sessions
  • Brief parent-education
### Anxiety: Social Effectiveness Therapy for Children & Adolescents (SET-C)

<table>
<thead>
<tr>
<th>Ages/Grades</th>
<th>7-17 years old</th>
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</thead>
<tbody>
<tr>
<td>Child and adolescents with social phobia</td>
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<tr>
<td><strong>Format</strong></td>
<td>12 weekly 60-minute social skills training + 90-minute peer generalization sessions + 60-minute individual exposure sessions</td>
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<tr>
<td></td>
<td>Groups of 6 with 2 therapists</td>
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<tr>
<td><strong>Materials</strong></td>
<td>SET-C Complete Kit (Therapist Guide+ 6 Parent Guides + other materials; $193)</td>
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<tr>
<td></td>
<td>Therapist Guide($60)</td>
</tr>
<tr>
<td></td>
<td>Trainings Not required</td>
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<td><strong>Language</strong></td>
<td>English</td>
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<tr>
<td>More information</td>
<td><a href="https://ecom.mhs.com/(S(40zc2k33ha4jl1nwujhrgrjg))/product.aspx?gr=edu&amp;prod=setc&amp;id=overview">https://ecom.mhs.com/(S(40zc2k33ha4jl1nwujhrgrjg))/product.aspx?gr=edu&amp;prod=setc&amp;id=overview</a></td>
</tr>
</tbody>
</table>
Anxiety: Parent Groups

- Keys to Parenting your Anxious Child
  - Katharina Manassis, M.D.
  - Barron’s Educational Series
  - 192 pages
Anxiety: Parent Groups

• *Helping Your Anxious Child: A Step-by-Step Guide for Parents*
  - Ronald Rapee, PhD; Ann Wignall, PsyD; Susan Spence, PhD, Heidi Lyneham, PhD; Vanessa Cobham, PhD
  - New Harbinger Publications
  - 296 pages
Obsessive-Compulsive Disorder

- *OCD In Children and Adolescents: A Cognitive-Behavioral Treatment Manual*
Obsessive-Compulsive Disorder

- *OCD In Children and Adolescents: A Cognitive-Behavioral Treatment Manual*
  - March & Mulle, 1998
Obsessive-Compulsive Disorder

• CBT Treatment Protocol
  • Session 1: Psychoeducation
  • Session 2: Cognitive Training
  • Session 3: Cognitive Training/Mapping OCD
  • Session 4: Further Mapping
  • Weeks 3-18: Exposure and response prevention (E/RP)
  • Weeks 18-19: Relapse Prevention
  • Sessions 1, 7, and 12: Parent Sessions
Obsessive-Compulsive Disorder

Ages/Grades: Children and Adolescents
Format: 12-20 sessions
Adaptable
Materials: Book/Manual ($50)
Trainings: Not required
Language: English
More information: Book/manual available through Guilford Press and on Amazon.com
Trauma

- Cognitive-Behavioral Intervention for Trauma in Schools
- “Let’s Talk” books
Trauma: Cognitive-Behavioral Intervention for Trauma in Schools

• School-based, group, and individual intervention

• Reduces
  • PTSD
  • Depression
  • Behavioral problems

• Improves
  • Functioning
  • Grades and attendance
  • Peer and parent support
  • Coping skills

• Utilizes CBT
  • Psychoeducation
  • Relaxation
  • Social problem solving
  • Cognitive restructuring
  • Exposure
# Trauma: Cognitive-Behavioral Intervention for Trauma in Schools

<table>
<thead>
<tr>
<th>Ages/Grades</th>
<th>Grades 5-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Format</td>
<td>10 group sessions, 1-3 individual sessions, 2 parent psychoeducational sessions, 1 teacher educational session</td>
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<td></td>
<td>Adaptable</td>
</tr>
<tr>
<td>Materials</td>
<td>Manual (“minimal cost”)</td>
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<tr>
<td></td>
<td>Free online resources</td>
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<tr>
<td>Trainings</td>
<td>Free online training</td>
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<tr>
<td></td>
<td>In-person training available</td>
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<tr>
<td>Language</td>
<td>English, Spanish</td>
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<tr>
<td>More information</td>
<td><a href="http://cbitsprogram.org/">http://cbitsprogram.org/</a></td>
</tr>
</tbody>
</table>
Trauma: “Let’s Talk” books

- **Let’s Talk About Taking Care of You: An Educational Book about Body Safety**
  - For elementary age children

- **Let’s Talk About Taking Care of You: An Educational Book about Body Safety for Young Children**
  - For children at 2-6
Trauma: “Let’s Talk” books

• Lori Stauffer, PhD & Esther Deblinger, PhD

• Also available:
  • Let’s Talk about Coping and Safety Skills: A Workbook About Taking Care of Me!
  • Let’s Talk about Safety Skills for Kids: A Personal Safety Activity Book for Parents and Children

• 5 books for $10 or 100 books for $150
• http://hffbooks.com/Lets_Talk_Book_information.html
Disruptive Behavior

- Triple P Positive Parenting Program
- Defiant Children
- Incredible Years
- Coping Power
- Anger Coping Program
- EQUIP Program
- PREPARE Curriculum
- Aggression Replacement Training
Disruptive Behavior: Triple-P Positive Parenting Program

- Parenting and family support system
- Prevention and treatment of behavioral and emotional problems
- Draws on social learning, cognitive behavioral, and developmental theory
Disruptive Behavior: Triple-P Positive Parenting Program

- Triple P: parents of children up to 12 years
- Teen Triple P: parents of 12 to 16 year olds
- Specialist programs
  - Stepping Stones: parents of children with a disability
  - Family Transitions: parents going through separation or divorce
  - Lifestyle: parents of children who are overweight
Disruptive Behavior: Triple-P Positive Parenting Program

<table>
<thead>
<tr>
<th>Ages/Grades</th>
<th>Parents of children birth-16 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td>Format</td>
<td>Varies</td>
</tr>
<tr>
<td>Materials</td>
<td>Available once certified</td>
</tr>
<tr>
<td>Trainings</td>
<td>Required ($1000-2000)</td>
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<tr>
<td>Language</td>
<td>English, Spanish</td>
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<td>More information</td>
<td><a href="http://www.triplep.net/glo-en/home">http://www.triplep.net/glo-en/home</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.triplep-america.com/">http://www.triplep-america.com/</a></td>
</tr>
</tbody>
</table>
Disruptive Behavior: Defiant Children

- Parent training program
- Can be adapted for groups
- Components:
  - Curriculum
  - Assessment materials
  - Parent handouts
Disruptive Behavior: Defiant Children

• Guidelines For Therapists in Conducting the Program
  • Step 1. Why Children Misbehave
  • Step 2. Pay Attention!
  • Step 3. Increasing Compliance and Independent Play
  • Step 4. When Praise Is Not Enough: Poker Chips and Points
  • Step 5. Time Out and Other Disciplinary Methods
  • Step 6. Extending Time Out to Other Misbehavior
  • Step 7. Anticipating Problems: Managing Children in Public Places
  • Step 8. Improving School Behavior from Home: The Daily School Behavior Report Card
  • Step 9. Handling Future Behavior Problems
  • Step 10. Booster Session and Follow-Up Meetings
## Disruptive Behavior: Defiant Children

<table>
<thead>
<tr>
<th><strong>Ages/Grades</strong></th>
<th>Parents of children 2-12 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Format</strong></td>
<td>Varies</td>
</tr>
<tr>
<td><strong>Materials</strong></td>
<td>Therapist Manual (includes handouts; $34)</td>
</tr>
<tr>
<td><strong>Trainings</strong></td>
<td>None required</td>
</tr>
<tr>
<td><strong>Language</strong></td>
<td>English, Spanish</td>
</tr>
<tr>
<td><strong>More information</strong></td>
<td><a href="http://russellbarkley.org">http://russellbarkley.org</a></td>
</tr>
</tbody>
</table>
Disruptive Behavior: Incredible Years

• Parent Training Programs
  • Babies & Toddlers (0-3 years)
  • BASIC Early Childhood (3-6 years)
  • BASIC School-Age (6-12 years)
  • ADVANCED (6-12 years)

• Strengthen parenting competencies
  • Monitoring, positive discipline, confidence

• Foster parents' involvement in children's school experiences
Disruptive Behavior: Incredible Years

• Child Training Programs
  • Dinosaur Social Skills and Problem Solving curriculum
    • Dina Dinosaur Child Training Programs (small group therapy)
    • Dina Dinosaur Classroom Curriculum (prevention)

• Skills
  • Understanding and communicating feelings
  • Using effective problem solving strategies
  • Managing anger
  • Practicing friendship and conversational skills
  • Appropriate classroom behaviors
| **Ages/Grades** | Parents of children birth-12 years old  
| | Children 4-8 years old |
| **Format** | Parent training: Varies |
| **Child training:** | 18-20 weekly 2-hour sessions  
| | Groups of 6 |
| **Materials** | Parent Programs ($1000-2000)  
| | Child Programs ($1150-1250) |
| **Trainings** | Highly recommended  
| | 3-Day Group Leader Training Workshops ($400)  
| | Certification available |
| **Language** | English, Spanish, French, Norwegian, Swedish, Portuguese, Russian, Danish, Finnish, Chinese |
Disruptive Behavior: Coping Power

• Preventive intervention for youth at risk for substance use and delinquency
• Developed as a school-based program
• Child and parent component
• Addresses:
  • Social competence
  • Self-regulation
  • Positive parental involvement
Disruptive Behavior: Coping Power

Child Component
- Ability to set short and long term goals
- Organization and study skills
- Anger management skills
- Social skills
- Problem-solving skills
- Ability to resist to peer pressure
- Entry into positive peer groups

Parent Component
- Praise and positive attention
- Clear rules and expectations
- Promotion of child study skills
- Appropriate discipline practices
- Parental stress management
- Family communication and problem-solving
- Reinforcement of problem-solving skills the children the learn in Coping Power
## Disruptive Behavior: Coping Power

<table>
<thead>
<tr>
<th><strong>Ages/Grades</strong></th>
<th>Children grades 4-6 + parents</th>
</tr>
</thead>
</table>
| **Format**     | Child component: 34 weekly group sessions + periodic individual sessions  
                   Parent component: 16 weekly group sessions + periodic individual sessions and home visits  
                   15-18 months (abbreviated version available) |
| **Materials**  | Group Facilitator Manuals ($60)  
                   Child Workbook ($67 set of 8)  
                   Parent Workbook ($100 set of 8)  
                   Trainings Recommended  
                   2-3-Day Workshops |
| **Language**   | English |
| **More information** | www.copingpower.com |
Disruptive Behavior: Anger Coping Program

• Social relations intervention for aggressive/rejected youth
• Designed to inhibit responses of violence and aggravation
Disruptive Behavior: Anger Coping Program

• Social skills training + CBT =
  deliberate, non-impulsive problem solving skills

• Components
  • Social problem solving
  • Positive play training
  • Group-entry skill training
  • Dealing effectively with strong negative feelings
## Disruptive Behavior: Anger Coping Program

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages/Grades</td>
<td>Grades 3-6</td>
</tr>
<tr>
<td>Format</td>
<td>Varies</td>
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<tr>
<td>Materials</td>
<td>Therapist Manual ($26)</td>
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<tr>
<td>Trainings</td>
<td>Available (Coping Power training)</td>
</tr>
<tr>
<td>Language</td>
<td>English, Spanish</td>
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</tbody>
</table>
Disruptive Behavior: EQUIP Program

- A three-part intervention
  - Moral judgment
  - Anger management/correction of thinking errors
  - Pro-social skills

- Two types of group sessions
  - Equipment Meetings
    - Leader taught
  - Mutual Help Meetings
    - Leader coaches students as they use the skills they've learned to help each other
## Disruptive Behavior: EQUIP Program

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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<tbody>
<tr>
<td>Ages/Grades</td>
<td>Middle School – High School</td>
</tr>
<tr>
<td>Format</td>
<td>Varies</td>
</tr>
<tr>
<td>Materials</td>
<td>EQUIP Book ($30)</td>
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<td></td>
<td>EQUIP Implementation Guide ($33)</td>
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<td>Book + Implementation Guide ($57)</td>
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<td>Trainings</td>
<td>Not required</td>
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<td>Language</td>
<td>English</td>
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<td>More information</td>
<td><a href="https://www.researchpress.com/books/528/equip-program">https://www.researchpress.com/books/528/equip-program</a></td>
</tr>
</tbody>
</table>
Disruptive Behavior: The PREPARE Curriculum

☐ Three target areas:
  ☐ Reducing aggression
  ☐ Reducing stress
  ☐ Reducing prejudice

☐ 93 exercises:
  ☐ Games
  ☐ Role plays
  ☐ Reading and writing
  ☐ Drawing
  ☐ Brainstorming
  ☐ Group discussion
  ☐ Relaxation
  ☐ Tape recordings
  ☐ Photography
## Disruptive Behavior: The PREPARE Curriculum

<table>
<thead>
<tr>
<th>Ages/Grades</th>
<th>Middle School – High School</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Can be adapted for younger children</td>
</tr>
<tr>
<td>Format</td>
<td>10 sessions</td>
</tr>
<tr>
<td>Materials</td>
<td>Manual ($40)</td>
</tr>
<tr>
<td>Trainings</td>
<td>In-service trainings and workshops available</td>
</tr>
<tr>
<td>Language</td>
<td>English</td>
</tr>
</tbody>
</table>

More information

https://www.researchpress.com/books/818/prepare-curriculum
Disruptive Behavior: Aggression Replacement Training

- Three components:
  - Social Skills Training
  - Anger Control Training
    - How to respond in a nonaggressive manner and rethink anger-provoking situations
  - Moral Reasoning
    - Raise level of fairness, justice, and concern for the needs and rights of others
Disruptive Behavior: Aggression Replacement Training

• Social Skills Training
  • Behavioral component
  • Utilizes Skillstreaming curriculum

• Anger Control Training
  • Affective component
  • Utilizes CBT

• Moral Reasoning
  • Cognitive component
  • Utilizes hypothetical “problem situations”
Disruptive Behavior: Aggression Replacement Training

<table>
<thead>
<tr>
<th>Ages/Grades</th>
<th>Middle School – High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Format</td>
<td>10 sessions for each component</td>
</tr>
<tr>
<td>Materials</td>
<td>Manual ($40)</td>
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<tr>
<td>Trainings</td>
<td>In-service trainings and workshops available</td>
</tr>
<tr>
<td>Language</td>
<td>English</td>
</tr>
<tr>
<td>More information</td>
<td><a href="http://www.aggressionreplacementtraining.com">www.aggressionreplacementtraining.com</a></td>
</tr>
</tbody>
</table>
Divorce

- Children of Divorce Intervention Program
Divorce: Children of Divorce Intervention Program

• Goals:
  • Minimize emotional and behavioral problems
  • Increase ability to identify and appropriately express feelings
  • Increase understanding and acceptance of divorce-related concepts
  • Reduce anxiety and worry
  • Build confidence

• Benefits:
  • Children share their experiences and learn from one another
  • Reduced desire to blame self or someone else for the divorce
  • Increased coping and problems solving skills
  • Enhanced positive perceptions of self and family
Divorce: Children of Divorce Intervention Program

Ages/Grades: Grades K-8
Format: 12-15 sessions
Materials: Manuals ($125)
Trainings: Available, but not program specific
Language: English
More information: www.childrensinsstitute.net/programs/codip
Resources for EBT’s

• SAMHSA’s National Registry of Evidence-Based Programs and Practices
  • www.nrepp.samhsa.gov

• California Evidence-Based Clearinghouse for Child Welfare
  • www.cebc4cw.org