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Activity: Media

Cognitive behavioural therapy

Learning objective

At the end of this activity you should be able to:

- understand the processes involved in aggression replacement training.

A. Using the link below, answer the questions that follow.

<https://www.youtube.com/watch?v=jlB7e5FyEwk>

Aggression replacement training (ART) is a type of CBT. It involves three elements: skill streaming, anger control training, and moral reasoning training.

1. When implementing skill streaming, what are the four components?
 2. What does modelling involve? Use the example in the clip to explain this.
 3. What are the objectives of anger management training?
 4. In the role play, what do the group have to watch for?
 5. How does the moral reasoning component of the training fit with Kohlberg's moral development theory? (You can find Kohlberg's theory on page 105 of your textbook.)
 6. Use the example from the clip to show how the group have to consider moral reasoning.
 7. According to the clip, why can aggression be unlearned?
- B. Do you think this treatment could be effective in helping aggressive offenders dealing with their aggression more positively? Give reasons for your answer.
- C. What problems might there be with programmes such as ART? Give examples and reasons for your answer.