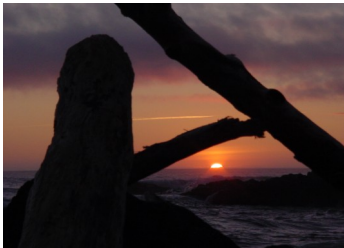




Training Trainers to deliver WSART,  
Washington State Aggression  
Replacement Training. This is a 3.5  
day, 28 hour training designed to get  
trainers in front of youth groups to  
improve the youth's social skills, anger  
control and moral reasoning.

I have titled this training W.A.I.T. with  
respect to Aggression Replacement  
Training...A Comprehensive  
Intervention for Aggressive Youth Co-  
Author Barry Glick's wishes.



**WAIT...**  
**A SECOND CAN CHANGE EVERYTHING!**



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**Michael C. Canfield LLC**

WASHINGTON STATE AGGRESSION  
REPLACEMENT TRAINING MASTER  
TRAINER/CONSULTANT

TRAINING TRAINERS  
TO TRAIN:  
SOCIAL SKILLS  
ANGER CONTROL  
AND  
MORAL REASONING



**TEL: 360-990-1255**

“I HAVE BEEN TRAINING WASHINGTON STATE ART SINCE WASHINGTON DEVELOPED THEIR PROGRAM IN 1998. IN 2002 I BECAME ONE OF THE STATE’S ART MASTER TRAINERS AND CONSULTANT.” MIKE



**REFLECTING BACK THIS HAS BEEN A TERRIFIC ADDITION TO WHAT WE CAN DO FOR OUR COMMUNITY**

IN ADDITION TO OUR STANDARD 3.5 DAY TRAINING OF TRAINERS, WE HAVE DEVELOPED A ONE DAY TRAINING THAT INVITES TRAINEES TO BECOME STUDENTS OF WSART/WAIT.

TO SUPPORT THESE TRAININGS WE HAVE DEVELOPED OUR CALENDAR, WHICH CAPTURES MAIN POINTS FROM THE TRAINING AND KEEPS THE INFORMATION IN FRONT OF PEOPLE ALL YEAR LONG.

## **Social Skills Training (SST)**

Day one our training prepares trainees to train social skills found to reduce the use of aggression among adolescents. SST addresses behavior, “What to do” when we are in a situation that causes us to get angry. Trainees will learn from our tell, show, do approach. This is a fun and easy way to introduce skill that youth either do not have or are weak in.

## **Anger Control Training (ACT)**

Day two of our training introduces anger control training. ACT addresses the anger arousal, the emotion, we experience when we are in a situation that causes us to get angry. We find that people who do not control their emotions can get into trouble in many ways. The anger control chain helps trainees become aware of their mind and body while experiencing anger, and then works to calm ourselves and then do something pro-social.



**ALL THAT WE CAN DO TO MAKE THE WORLD BETTER FOR THEM**

## **Moral Reasoning Training (MRT)**

Day three our training prepares trainees to get youth to think about their thinking. MRT is the values component which examines the thinking that leads people to do something aggressive when they are angry. The trainees are guided through a group discussion that breaks down some of the thinking that can impede moral growth.

## **Day Four (1/2 day)**

Our final day includes another demonstration of MRT and then moves into issues around implementation. We will discuss the need for Quality Assurance to maintain training fidelity, re-certification issues, and other supports for your program.

**Visit the web:**

**[www.aggression-interruption.com](http://www.aggression-interruption.com)**

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