



## **AGGRESSION REPLACEMENT TRAINING (ART)**

### ***Information For You***

This leaflet will answer some of your main questions about the programme. If you have any extra questions after reading the leaflet, please talk to a member of Probation staff.

#### **AIMS OF THE PROGRAMME**

Aggression Replacement Training is known as ART for short. ART is about getting you to think about how you handle situations that might lead to conflict. You will look at what happens when you get angry and lose control, and you will learn ways of dealing with these situations without becoming aggressive.

#### **HOW LONG IS THE PROGRAMME?**

There are 18 group sessions in ART, each lasting for two hours. Before the group starts, you will attend six sessions with a member of staff. After the group finishes, you will attend a further six sessions with a staff member. That makes 30 sessions in all.

#### **WHAT HAPPENS ON ART?**

The programme involves thinking about the best ways of dealing with difficult situations. You will learn new skills that you can use to handle those situations. You will learn how to avoid becoming aggressive when you are upset or angry.

#### **WHAT YOU WILL HAVE TO DO**

If you are going to finish the ART programme and get the most out of it, you must:

- arrive on time,
- join in every session,
- do any work that is asked of you,
- not turn up having used drugs or alcohol,
- not speak or act in a way that is racist or sexist,
- keep information about other group members to yourself, and not discuss it outside the group.

If you miss a session you must attend a catch-up session so that you can keep up with the programme. If you miss too many sessions you will have to start the programme again. If you miss sessions for reasons that are not acceptable to the Probation Service, you may be taken back to court or recalled to prison.

Your Probation Officer and the programme staff will tell you more about the rules concerning missed sessions and catch-ups.

## FAIR PLAY

We try to avoid making up groups with just one black or Asian offender.

## USE OF VIDEO

ART sessions are recorded on video tape. The tapes are only looked at by other Probation staff. They check that the programme is being delivered in the right way. The tutors will explain more at the start of the group sessions.

## COMPLAINTS

You feel things are not going well? Speak to your supervising Probation Officer if you have a problem. If you want to take the matter further, ask for the leaflet that explains how we handle complaints.

## DIVERSITY

The National Probation Service recognises that women, minority ethnic offenders, those with a disability or other special needs may have additional issues. These issues will be fully addressed in order that they derive maximum benefit from Aggression Replacement Training.