

Cohort Schedule Example

Program duration/schedule

1 Cohort – Aggression Replacement Training

Week	Week beginning with	Weekday/ Time	Subjects covered		
			Social Skills Training	Anger Control Training	Moral Reasoning Training
1	July 4	M-4:30 – 5:30 W-4:30-5:30	Making a complaint	ABCs of anger	Jim(or Emilio’s) problem situation
2	July 11	M-4:30 – 5:30 W-4:30-5:30	Understanding the feelings of others	Hassle logs and triggers	Jerry (or Latoya’s) problem situation
3	July 18	M-4:30 – 5:30 W-4:30-5:30	Getting ready for a difficult conversation	Cues and anger reducers	Mark (or Ishan’s) problem situation
4	July 25	M-4:30 – 5:30 W-4:30-5:30	Dealing with someone else’s anger	Reminders	Georgie (or Enzo’s) problem situation
5	Aug 1	M-4:30 – 5:30 W-4:30-5:30	Helping others	Thinking ahead	Sam (or Carmen’s) problem situation
6	Aug 8	M-4:30 – 5:30 W-4:30-5:30	Keeping out of fights	Self-evaluation	Leon (or Cheri’s) problem situation
7	Aug 15	M-4:30 – 5:30 W-4:30-5:30	Dealing with an accusation	Angry behavior cycle	Reggie (or Big Bear) problem situation
8	Aug 22	M-4:30 – 5:30 W-4:30-5:30	Dealing with group pressure	Using a social skill and rehearsal of full anger control chain	Alonzo (or Tara and Lashonda’s) problem situation
9	Aug 29	M-4:30 – 5:30 W-4:30-5:30	Expressing affection	Rehearsal of full anger control chain	Juan (or Lin’s) problem situation
10	Sept 5	M-4:30 – 5:30 W-4:30-5:30	Responding to failure	Overall review and rehearsal of full anger control chain	Antonio (or Emma’s) problem situation