

Distinctive Features Of Effective Treatment Strategies

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Leg Psykolog Bengt Daleflod, 2001

- 1. Complexity.** Aggressive behaviour has multiple causes therefore the treatment has to be complex. Effective programs are broad-based and multi-modal.
- 2. Prescriptive Programming.** Treatment should be applied in an individualized or prescriptive manner. An individual behavioural assessment ought to be the starting point.
- 3. Responsiveness to Learning Style.** Impulsive youth responds best to active, concrete and well-structured methods.
- 4. Cognitive-Behavioral Therapy.** CBT approaches are the “treatment of choice” when working with aggressive and conduct disordered individuals.
- 5. Situationality.** The individual interacts with his social and physical environment. Effective treatment tackles problems in its natural context.
- 6. Family and System Approach.** Family members and peers play a crucial role in the development and maintenance of antisocial and aggressive behaviour.
- 7. Aggression Is Primarily A Learned Behaviour.** Aggression is learned through modeling and reinforcing consequences. Main focus should be on developing alternative social skills (cognitions, values, feelings and overt behaviours).
- 8. Some Approaches Are Ineffective.** Classical psychotherapeutic models, punishment, deterrence and cohabitation are strategies not recommended.
- 9. High “Treatment Integrity”.** The intervention must be well delivered and of good quality.
- 10. Evaluation.** Evaluation research shows that clients benefit from the treatment and that the intervention improves social adjustment and reduces recidivism.
- 11. Prevention.** “Catch it low to prevent it high.”