



CogBIT is pleased to introduce the latest version of the Cogbit-ART DVD. This DVD is based on the 10 week Aggression Replacement Training schedule. This program contains 180 minutes of animated cartoons and live video's to help understand, practice and apply the ART-method to aggressive youngsters from 12 to 18 years. Using this DVD gives the trainer an aid and a standard to work with the ART-method.

Skill Streaming



Aggression Control Training



Moral Reasoning Training



- 1 Making a complaint
- 2 Understanding feelings of others
- 3 Getting ready for difficult conversation
- 4 Dealing with someone else's anger
- 5 Keeping out of fights
- 6 Helping others
- 7 Dealing with an accusation
- 8 Dealing with group pressure
- 9 Expressing affection
- 10 Responding to failure

- Introduction
- ABC
- Triggers & Body Signs
- Anger reducers
- Reminders
- Thinking ahead
- Angry Behaviour Cycle
- Social Skill
- Self Evaluation
- Full Rehearsal

- Jim's problem situation
- Jerry's
- Mark's
- George's
- Leon's
- Sam's
- Reggie's
- Alonzo's
- Juan's
- Antonio's

- Dealing with Embarrassment
- Avoiding Trouble with Others
- Apologizing
- Deciding What Caused a Problem
- Negotiating
- Listening
- Asking a Question
- Giving Feedback
- Knowing Your Feelings



- Donnie's
- Mike's
- Sara's
- Achmed's
- Tessa's
- The Used Car
- The Toy Glock
- The Booby Trap
- Drunken Driver
- Frank's
- Karin's
- Carol's

CogBIT is a company who produces solutions for educational programs. We make visual interactive material to support practitioners in there work. We have standard programs for skills training based on Arnold Goldstein's work with adolescents. But more often we release tailor made productions for the non-profit social service and education markets. Look for our products soon at Researchpress.com or www.CogBIT.com.