

The PREPARE Curriculum: Teaching Prosocial Competencies
By Arnold P. Goldstein

The Prepare Curriculum is a series of coordinated psycho-educational courses explicitly designed to teach an array of prosocial psychological competencies to children and youth. It seeks to teach interpersonal skills to aggressive, antisocial youth as well as to those who are withdrawn and socially isolated. It includes social skills, anger control, morale reasoning training which are the components of its predecessor, *Aggression Replacement Training*® (ART®) originally developed by Goldstein. He frequently referred to the original three courses in ART® (social skills, anger control and moral reasoning) as a “minimum intervention package.” *The Prepare Curriculum* includes the addition of courses on problem solving, empathy, situational perception, stress management, recruiting supportive models and cooperation training. The addition of these courses expands its prescriptive options and effectiveness of interventions to address the broad range of psychological skill deficits that are common among troubled children and youth. Goldstein referred to *The Prepare Curriculum* as a “more complete package”.

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