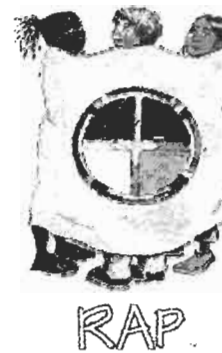


Response Ability Pathways [RAP]

Restoring Bonds of Respect



Basic Training in Building Strengths. Response Ability Pathways – or simply RAP – develops essential skills for success with children and youth who are experiencing difficulty in family, school, or community. How can we *respond* to a youngster's needs rather than *react* to problems? A three day RAP certification course includes intensive experiential training on core *response-abilities* for guiding children and youth on *pathways to responsibility*.

Changing Coercive Climates. RAP provides clear alternatives to failed punitive or permissive approaches. Problems are seen as opportunities for learning and growth. Youth are enlisted as responsible agents in positive change. Brief “teaching moments” focus on strengths and solutions. RAP sets high expectations in the belief that all young persons have potential for greatness.

Creating Circles of Courage. RAP applies the Circle of Courage model of positive youth development by addressing needs for belonging, mastery, independence, and generosity.¹ Interventions are evidence-based and grounded in research on resilience, brain science, and strength-based strategies.² RAP methods develop natural abilities of a young person to:

- *connect* with supportive adults and peers
- *clarify* problems and challenges
- *restore* harmony and respect.

Universal Design for Success. RAP is relevant to a wide range of settings and children since it follows principles of universal design.³ A scientifically grounded curriculum is delivered by certified trainers. Content is intuitive, jargon free, and engaging. Strategies are safe, practical, and readily implemented. Goals focus on universal growth needs of children and youth. The value base is universal across diverse cultures and groups. Outcomes build respectful connections among both adults and peers, creating climates for positive youth development.

RAP Training Opportunities. RAP is useful to educators, special educators, counselors, social workers, psychologists, child and youth care workers, and professionals in prevention, treatment, juvenile justice, faith-based, and community settings. It is also useful for paraprofessionals, parents, foster parents, and adult or peer mentors. All concerned with youth need practical, proven methods for supporting them on pathways to responsibility. RAP training is now available internationally.⁴

¹ Brendtro, L., Brokenleg, M., & Van Bockern, S. (2002). *Reclaiming Youth at Risk* (Rev. ed.). Bloomington, IN: National Educational Service.

² Giacobbe, G., Traynells-Yurek, E., and Laursen, E. (2000) *Strength Based Strategies for Children and Youth*. Wheat Ridge, CO: Strength Based Services International.

³ Brendtro, L., & du Toit, L. (2005). *Response Ability Pathways [RAP]*. Cape Town: Pretext Publishers.

⁴ RAP training is coordinated by the non-profit organization Reclaiming Youth International (website www.reclaiming.com). For further information call 800-647-2532 or E-mail courage@reclaiming.com.

RAP taps and develops the innate strength and resilience of young persons.

The course focuses on three interventions: *Connect, Clarify, and Restore*. These are the normal “abilities” of the resilient human brain: we are endowed with the ability to *connect* to others for support, *clarify* challenging problems, and *restore* harmony.

These topics are covered in three days of RAP instruction by certified trainers:

- I. Children of Challenge**
Responsive and Reactive Behavior
Coercive and Restorative Climates
Courage and the Resilient Brain

- II. Connecting**
Disconnected Kids
Brain Science on Connecting
Strategies for Connecting

- III. Clarifying**
Private Logic and Thinking Errors
Brain Science on Coping with Challenge
Strategies for CLEAR Thinking

- IV. Restoring**
Instilling Responsibility
Building Strengths and Supports
Pathways to Courage and Respect

RAP concepts and “abilities” are applicable in virtually any setting:

This training is widely applicable since it is based on a “universal design.”

- Content is intuitive, jargon free, and understandable.
- Strategies are safe, practical, and easily implemented.
- Goals target universal growth needs of children and youth.
- Values are universal across diverse cultures and societies.

RAP is useful for all who are concerned with youth, whether professionals or lay persons.

This course is well-received by educators, counselors, social workers, psychologists, youth workers, and staff in treatment and juvenile justice settings. Training also can include parents, foster parents, mentors, and mature youth who are peer helpers. Training leads to RAP certification, and course credit can be arranged.

RAP is highly experiential and provides practical skills for building courageous kids.

Basic RAP principles are presented in creative formats, and the course is enlivened by engaging videos and small-group role plays. Participants develop abilities to disengage from adversarial encounters, connect with adult-wary youngsters, restore bonds of respect, and create climates where all young persons can flourish.