

AUGUSTANA UNIVERSITY

Respectful Alliances: Response Ability Pathways

Level I Practitioner Certification

Psychology 381RY/581RY or Special Education 381RY/581RY
3 Semester Hours of Undergraduate or Graduate Credit
Instructor of Record: Larry K. Brendtro, PhD

Course Sequence:

Course participants receive Level I Practitioner Certification in ***Response Ability Pathways (RAP)*** which is a foundational training for all who work with children and youth in families, schools, residential treatment, juvenile justice, and community-based settings. This course can be taken alone or as a prerequisite to Level II Leadership Certification in ***Positive Peer Culture (PPC)*** which is designed for PPC group leaders, supervisors, and clinical, educational, and youthwork professionals.

Course Description:

RAP training provides all who deal with young people the practical abilities to respond to needs instead of reacting to problems. RAP employs three natural, brain-based helping strategies: *Connecting* for support, *Clarifying* challenges, and *Restoring* respect. Relational strategies for talking with persons in conflict replace coercion with communication. While there are many crisis-intervention models, RAP provides the simplest research-validated method to turn problems into opportunities for learning and growth. Piloted in South Africa to transform services with young people at risk, RAP has been used worldwide. Co-authors of RAP Larry Brendtro and Lesley du Toit have updated this 2-day training to provide essential skills for all who deal with challenging children and youth in any setting. This universal-design course translates research on resilience, trauma, culture, and neuroscience into terms readily understandable by lay person and professional alike. Training is enriched with video clips and experiential learning activities. RAP is relevant to parents, foster parents, educators, youth workers, and clinicians, and can also be taught to young people who help support their peers and family.

Topical Outline

1. Reclaiming Enduring Truths
2. Understanding Pain-Based Behavior
3. Trauma Wise Strategies
4. Resilience Focused Supports
5. Climates of Conflict
6. A Curriculum of Caring
7. Connecting for Support
8. Clarifying Challenges and Problems
9. Restoring Bonds of Respect

Learning Goals

1. Review contributions of historic pioneers in strength-based education and youthwork.
2. Explore Indigenous Circle of Courage principles of positive youth development:
Belonging: Create cohesive groups that eliminate peer abuse and rejection.
Mastery: Teach youth specific methods to identify and resolve problems.
Independence: Build self-control and self-efficacy while respecting the rights of others.
Generosity: Create a community of caring by developing empathy and concern.
3. Understand the impact of adversity and trauma on children and youth.
4. Practice natural brain-based RAP strategies for talking with persons in conflict:
Connect for Support by building trust and empathy.
Clarify Challenges by exploring critical events and developing insight.
Restore Respect by providing strengths and supports to meet developmental needs.

Required Readings

Respectful Alliances: Response Ability Pathways

Larry Brendtro & Lesley du Toit (2022). Publisher: Resilience Resources

Reclaiming Youth at Risk: Futures of Promise

Larry Brendtro, Martin Brokenleg, & Steve Van Bockern. (2019). Publisher: Solution Tree

Course Requirements

Undergraduate 3 semester hours

1. *Class participation*: Fully participate in all sessions.
2. *Examination*: Complete a multiple-choice online exam on key concepts from training and RAP text.
3. *Practicum project*: Complete a 4 to 6-page paper (double-spaced) discussing how to apply RAP methods to a group or young person with whom you now work or have worked in the past.
4. *Literature review*: Write three 2-page evaluative essays on selected chapters from *Reclaiming Youth at Risk* or other scholarly publication that clearly connects with content of this course.
5. *Personal reflection*: Complete a 4 to 6-page essay describing your own personal experience relative to Circle of Courage principles of Belonging, Mastery, Independence, and Generosity.

Graduate 3 semester hours

1. *Class participation*: Fully participate in all sessions.
2. *On-line Exam*: Complete a multiple-choice exam on key concepts from the training and text.
3. *Practicum project*: Complete a 6 to 8-page paper (double-spaced) discussing how to apply RAP methods to a group or young person with whom you now work or have worked with in the past.
4. *Literature review*: Write four 2-page evaluative essays on selected chapters from *Reclaiming Youth at Risk* or other scholarly publication that clearly connect with content of this course.
5. *Personal reflection*: Complete a 6 to 8-page essay describing your own personal experience relative to Circle of Courage principles of Belonging, Mastery, Independence, and Generosity.

Grading (A-F letter grades)

- Class participation (required but not graded)
- Examination (25% of grade)
- Practicum project (25% of grade)
- Literature review (25% of grade)
- Personal reflection (25% of grade)

Written work will be graded on significance, clarity, and creativity. Participants successfully completing of these requirements earn three semester hours undergraduate or graduate credit. The RAP competency exam can be found at www.reclaimingyouthatrisk.org/grad-credit/

Assignments will be graded using the following schedule:

A+ =95+	A =91-94	A- =88-90
B+ =83-87	B =80-82	C+ =75-79
C =65-74	D =50-64	F =below 50

All requirements are to be submitted within 30 days of the last day of the course to your instructor in digital form.

Requesting a grading extension: If additional time is needed to complete the work, a one-time extension may be requested. If the work is not submitted by the extended due date, a grade of F is automatically given.

Registration

Registration occurs at the time of the course. Students will complete a registration form indicating a desire for graduate(588RY) or undergraduate credit(388RY), and whether the course will be taken for psychology or special education credit. Payment is made to **Reclaiming Youth at Risk** and submitted to your instructor at the time of registration, along with your registration form.

Cost

Payment is due at the time of registration. Three hours of credit, graduate or undergraduate is \$300 (US dollars). Cash is not accepted. Checks, US bank drafts or money orders payable to **Reclaiming Youth at Risk** in US Dollars, or Visa, MasterCard, American Express, or Discover credit cards accepted.

Transcripts

After final grades are submitted, the students receive a grade report from Augustana University. If a student wishes an official transcript, please send written request to Augustana University, Office of the Registrar, 2001 S. Summit Ave., Sioux Falls, SD 57197, or fax to 605-274-4450, or visit www.augie.edu for additional instructions.

For questions or concerns about registration, cost, or transcripts please contact Wendy Beukelman at Reclaiming Youth at Risk by email: wendy@reclaimingyouthatrisk.org or phone: 605-906-4694.