



Freiburger Anti-Gewalt-Training (FAGT): Ein Handbuch (German Edition)

Klaus Fröhlich-Gildhoff

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Das Freiburger Anti-Gewalt-Training (FAGT) ist ein Interventionsprogramm zur Veränderung (über-)aggressiven und gewalttätigen Verhaltens bei Kindern und Jugendlichen. Es verfolgt einen ganzheitlichen Ansatz, d. h. es setzt nicht nur am Gewaltverhalten an, sondern versucht, die zugrunde liegenden Faktoren (inadäquate Selbst- und Fremdwahrnehmung, unzureichende Selbststeuerung, geringer Selbstwert, unzureichende soziale Kompetenzen) anzugehen.

Das in der Praxis mehrfach erfolgreich angewandte und systematisch evaluierte Programm ist aus einzelnen Trainingseinheiten mit Kindern und Jugendlichen sowie Elementen der Elternarbeit aufgebaut. Die Diagnostik- und Evaluationsinstrumente sind gleichfalls Bestandteil des Handbuchs.

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