



RAP

Response Ability Pathways

Next Workshop:

**5-6 June, Auckland
Zeal West Auckland
20 Alderman Dr, Henderson**

Register (limited places):

admin@praxis.org.nz

Cost:

\$150 unwaged / \$250 waged
(includes text books and GST)

The Circle of Courage model was adopted by policy leaders in the new democratic South Africa and led to a formal training program to put the Circle's principles into practice. The Response Ability Pathways (RAP) curriculum was co-authored by Larry Brendtro of Reclaiming Youth, and Lesley du Toit of Pretoria, South Africa, who managed the transformation of child and youth services in the administration of Nelson Mandela. Training is now provided by certified trainers in the United States, Canada, South Africa, Australia, New Zealand, Germany, Portugal, and Ireland.

RAP is a **two** day certificated professional development intensive aimed at providing essential strength-based strategies for all who deal with young persons in family, school, or community. Children and youth need supportive persons who respond to their needs rather than react to their problems. RAP trains for these response-abilities to enable adults to guide young people on pathways to responsibility.

RAP applies Circle of Courage principles to meet growth needs of all young persons. Children need opportunities to develop belonging, mastery, independence, and generosity. RAP methods are grounded in research evidence on resilience, brain science, and positive youth development. RAP translates the latest research into practical methods for building strengths in all youth, even those experiencing difficult behavioural challenges.

RAP taps into and develops the innate strength and resilience of young persons. Focus is on three basic capacities, connect, clarify, and restore, which are the normal "abilities" of the resilient human brain. We are hardwired: to connect to others for support, to clarify challenging problems, and to restore harmony and respect. Utilizing RAP methods and strategies, adults can disengage from adversarial encounters, connect with adult-wary youngsters, and restore bonds of respect.

"Universal design" principles of RAP are relevant to all settings. These include:

- Stimulating, jargon-free content
- Attunement to diverse backgrounds
- Practicality and easy implementation

A powerful alternative to either punitive or permissive approaches, RAP counters current approaches that lock adults in conflict with young people. Instead of reactive, coercive interactions, youth are enlisted as responsible participants in positive change. RAP deals with problems by focusing on strengths and solutions. Brief "teaching moments" instil positive behaviours and values. Rather than enforcing obedience, RAP sets high expectations for youth to take responsibility and show respect for self and others.

This RAP workshop is presented by Praxis New Zealand and facilitated by Mark Barnard, a certified RAP course facilitator, an author and educator in youth development who has many years of experience in working alongside vulnerable young people from diverse backgrounds.