

Dr. Arnold Goldstein by Dalia Alhasanat

Known for his research on aggression and children in the field of Psychology, Dr. Goldstein was the director of the Center for Research on Aggression at [Syracuse University](#). Additionally, he was Director of the New York State Task Force on Juvenile Gangs, and co- founder of the [International Center for Aggression Replacement Training](#). Sadly, on February 17th, 2002, Dr. Arnold Goldstein passed away. He was in his late sixties.

Table of Contents	
1.	Education
2.	Early Work
3.	Achievements
4.	Before Death
5.	Honors and Awards
6.	Books
7.	References

Education

Arnold Goldstein began his formal training at the [City College of New York](#). He was encouraged by a sensitive professor and found confidence in himself, receiving a B.A. in 1954 and an M.S. in 1956. He went on to [Penn State University](#) and earned a Ph.D. in Clinical Psychology in 1959 (Braaten, 2003).

Early work

Dr. Goldstein began his career as an instructor at the [University of Pittsburgh Medical School](#) in 1959. From 1961 to 1963, he worked as a psychologist at the Veteran's Administration Outpatient Research Laboratory in Washington, DC. In 1963, he joined the clinical psychology section of [Syracuse University's psychology department](#), where he both taught and directed the Psychotherapy Center until 1985. In 1981, Dr. Goldstein founded the Center of Research on Aggression, which he directed until his death. He

joined Syracuse University's Division of Special Education in 1985, where he taught until his retirement in 1997. He continued his work as Professor Emeritus in education and psychology until 2002. Throughout this time he received and completed ten funded grants (Braaten, 2003).

During his career Dr. Goldstein became one of the nation's most productive and tireless authors. He was the author of 55 books and 100 articles on violence, aggression, delinquency, abuse, and related issues. In 1979, he and colleagues published *Skillstreaming the Adolescent*, which was one of the first curricula for teaching prosocial skills to adolescents. It remained the leading seller for the publisher in 2003. Dr. Goldstein wrote one novel, a diary of a holocaust victim, *The Shoes of Maidanek*, which was inspired by his visit to a concentration camp in Poland (Braaten, 2003).

Achievements

In addition to writing, Dr. Goldstein was a very active professional. He was an editor for ten journals and a member of 12 different professional organizations. He delivered over 200 invited presentations to universities and organizations around the world and conducted more than 200 workshops for school districts and other agencies. He constructed and refined some of the most sophisticated programs addressing prevention and treatment of aggressive and violent behavior in children, youth, and adults (Braaten, 2003).

Arnold Goldstein confirmed that aggression can be replaced by learning and using prosocial skill alternatives. His work has effectively and consistently exposed the fallacy that aggression is an unavoidable and innate trait in humans. His approach is based upon solid scientific and empirical knowledge gained through systematic

research and practice throughout the world. His message was simple: Aggressive behavior is learned behavior. It is learned in the same manner as other social behavior. Ultimately, aggression is maintained by its consequences for the user (Braaten, 2003).

Dr. Goldstein's work was adopted by many countries including Australia, Belgium, Canada, Colombia, Finland, Germany, Italy, Japan, Netherlands, New Zealand, Norway, Peru, Poland, Sweden, Taiwan, United Kingdom, and the United States of America.

Before Death

In his final year, Dr. Goldstein formed the International Center for Aggression Replacement Training (ICART). An international association for the dissemination of Aggression Replacement Training, ICART sponsors a biannual international conference in Malmö, Sweden. Despite being diagnosed with cancer, he led the first event. Dr. Goldstein passed away on Friday, February 17, 2002. He was nominated for the Nobel Peace Prize prior to his death; however, he died before the recipient was chosen (Braaten, 2003).

Honors and awards

Dr. Goldstein was honored with numerous awards, including the Career Achievement Award from the [American Psychological Association's Committee on Children, Youth, and Families](#) (1996), the Senior Scientist Award from the APA Psychology Division (1996), and the 2002 Devereux Massachusetts Legacy of Caring Award. In addition, in June 2002, Dr. Goldstein was honored posthumously by

[Reclaiming Youth International](#) with the Spirit of Crazy Horse Award, which was accepted by his wife, Susan (Braaten, 2003).

Books

Dr. Goldstein's many books include, among others, *Aggression Youth; Changing the Abusive Parent; The Prepare Curriculum; Teaching Prosocial Competencies; Refusal Skills: Preventing Drug Use in Adolescence; and Skillstreaming the Adolescent: A Structural Learning Approach to Teaching Prosocial Skills* (Goldstein, 1999, 2002).

Selected Publications

Journal Articles

- Goldstein, A. P., & Reddy, L. A. (2001). Aggression Replacement Training: A Multimodal Intervention for Aggressive Adolescents. *Residential Treatment for Children & Youth, 18*(3), 47–62.
- Goldstein, A. P. (2000). Catch It Low to Prevent It High: Countering Low-Level Abuse. *Reaching today's youth, 4*(2), 10–16.
- Goldstein, A. P. (1999). Aggression Reduction Strategies: Effective and Ineffective. *School Psychology Quarterly, 14*(1), 40–58.
- Glick, B., & Goldstein, A. P. (1994). Aggression Replacement Training: Curriculum and Evaluation. *Simulation & Gaming, 25*(1), 9–26.
- Goldstein, A. P. (1989). Refusal Skills: Learning to be Positively Negative. *Journal of Drug Education, 19*(3), 271–283.
- Goldstein, A. P. (1986). Aggression Replacement Training: A Comprehensive

Intervention for the Acting-Out Delinquent. *Journal of Correctional Education*, 37(3), 120–126.

Goldstein, A. P. (1983). Structured Learning: A Psychoeducational Approach for Teaching Social Competencies. *Behavioral Disorders*, 8(3), 161–170.

Books

Daleflod, B., Goldstein, A. P., Kalt, M., & Nensen, R. (Eds.). (2006). *New Perspectives on Aggression Replacement Training: Practice, Research and Application*. Hoboken, NJ: Wiley.

Close J.C., Goldstein, A.P. (2004). *School Violence Intervention: A Practical Handbook*. New York, NY: Guilford Press.

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Goldstein, A.P (2002). *The psychology of group aggression*. West Sussex, England: John

Wiley & Sons.

Goldstein, A.P (1990) *Delinquents on delinquency*. Champaign, Illinois: Research Press.