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Anger Management Program

The purpose of this anger management program is to provide effective treatment to individuals with anger control difficulties. The program emphasizes personal responsibility so that an individual's behavior can become less harmful to self and/or others. The approach also supports a person being able to engage in more appropriate and respectful communication with others.

The program consists of twelve weeks of comprehensive psycho-educational group therapy with a focus on cognitive-behavioral skills. The goal is to teach individuals about the dynamics of anger and aggression, how to assess the impact of resentment on their anger, and to identify and manage impulses to reduce the potential for aggression.

Week One: - Defining Anger, Aggression, Assertiveness

- Aggression Cycle

- BEST-Anger Log

Week Two: - The Anger Process

- Triggers and Cues

- Anger Thermometer

Week Three: - Thinking Distortions

- Using Calm Self Talk to Regulate Feelings of Anger

Week Four: - Impact of Past Experiences on Anger

- Core Hurts

- Introduction to Resentments

Week Five: - Stress and Stress Reduction Techniques

- Substance Use and Anger

Week Six: - The Time Out Technique

Week Seven: - Anger Styles

- Communication Skills

Week Eight: - Assertiveness Skills

Week Nine: - Problem Solving Skills

Week Ten: - Conflict Styles/Emotional Bidding

Week Eleven: - Managing Resentments

- Forgiveness

Week Twelve: Review and Wrap-Up