

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**