

Title: Anger management

Aims: To develop participants skills and confidence in enabling participants to support those with anger management issues

Objectives: Understand the signs and symptoms of anger
Develop effective techniques to appropriately respond to clients with anger management issues
Understand the theory of anger

Target Audience:

This course is designed for anyone who may have to support or work with those with anger management issues themselves. It will increase participant's awareness and confidence levels and enable them to use a range of techniques to more effectively deal with outbursts.

Programme

- Introductions
- Understanding anger
- Flight or fight
- Psychology of anger
- Verbal skills
- Diffusion techniques
- Cognitive constructs of anger
- Anger management techniques
- Good practice
- Developing self control
- Case studies

Commentary

This course is an introduction level into anger management. It covers a range of techniques that can be used to help clients manage their own anger. The various theories of anger are examined, as well as the cognitive processing that occurs in anger situations.