

Title: Anger management

Aims: To develop 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 / work with those with anger management issues. It is also of benefit to those who may themselves be trying to control their own anger issues. It will increase participant's awareness and confidence levels and enable them to use a range of techniques to more effectively manage anger management issues.

Course Content:

- 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 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.