

Anger Management Module

Session One

Session Goal:

- Provide a comprehensive AODA and Mental Health screening. Determine if the client needs to be immediately referred for a higher level of care or if they are appropriate for EAP services.
- Educate client on the basics of anger management.
- Identify the consequences of angry behavior.
- Identify personal triggers of anger.
- Identify Stage of Change

Interventions:

- Review the causes, effects, and functions of anger.
- Through interviewing and screening tools, increase awareness of the personal impact of angry behavior.

Handouts:

- The Basics of Anger Management
- How Anger Impacts Me
- Readiness Ruler
- What Sets You Off?

Screening Tools:

- Anger Meter (print 2, one for each week)
- Is Your Anger a Problem – Self-Test
- Stages of Change – How do I make a change?

Homework:

- Complete the Anger Meter handout.
- Keep track of situations that trigger your anger.
- Tracking My Progress

Session Two

Session Goal:

- Gain understanding of how anger impacts us.
- Develop a plan for anger control.

Interventions:

- Review homework assignment.
- Discussion of Anger Meter outcomes, Tracking My Progress, and Positive Self-Talk/What's Behind Your Anger handout. Emphasis on how anger impacts us, reviewing how anger affects how client feels, thinks, and behaves. Client will learn how to identify cues that serve as warning signs that they have become angry and that their anger is escalating.
- Review strategies for dealing with anger.

Handouts:

- Positive Self-Talk/What is Behind Your Anger?
- Controlling Your Anger
- Tips for Dealing Positively with Anger
- Learning To Relax

Homework:

- Tracking My Progress
- Individual Plan: Develop Anger Control Plan

Session Three

Session Goal:

- Review Anger Control Plan and Tracking My Progress.
- If applicable, specifically address anger in the workplace issues.
- Summarize progress and change.

Interventions:

- Review homework using solution focused questions:
 - What was better?
 - What didn't work?
 - What strategies worked the best?
- Review the personalized anger control plan.

Handouts:

- Strategies For Handling Anger and Conflict

Screening Tools:

- Review Anger Control Plan
- Identify current stage of change by using the Readiness Ruler

Homework:

- Offer additional community resources.
- Invite client to reconnect with EAP as needed.