

## **ANGER MANAGEMENT 14-SESSION PSYCHOEDUCATIONAL GROUP FOR HIGH FUNCTIONING INMATES**

Group Description: The Anger Management psychoeducational group provides a comprehensive set of cognitive and behavioral skills training modules that address:

- Maladaptive behavior patterns of responding to anger
- Risk factors for aggression

Group Objectives:

Each participant will receive comprehensive training in anger management skills, including cognitive, emotional, and behavioral and self-regulation skills, to reduce risks for future aggressive behavior and to improve quality of life. By the conclusion of the group, participants will have learned to:

- Engage in three types of relaxation skills
- Understand the adaptive role of anger in their lives, including its benefits and potential risks
- Identify triggering events and situations that typically prompt anger
- Identify automatic thoughts, attitudes and “self-talk” that contribute to anger
- Search for and identify “primary” emotions – such as embarrassment, humiliation, fear, and loss – that precede and contribute to anger
- Self-monitor their anger and their coping techniques
- Identify their dominant anger expression style
- Understand the consequences of anger in their lives
- Learn 12 anger management techniques
- Develop their own long-term anger management plan to avoid aggressive and violent behavior

Group Structure: Each group module is designed to take one hour. Each module begins with a review of the material covered in the previous session. It is recommended that group size be limited to 15 participants and that the group meet once a week. Quantitative self-assessment of change and treatment-readiness are conducted at beginning and end of the group permitting pre/post comparison.

Because the modules gradually build on each other, it is preferable for participants to join the group at the beginning rather than later in the module series. Handouts are included for each module and homework is regularly assigned.

- Module 1: Introduction and Self-Assessment
- Module 2: Learning to Rest Your Mind
- Module 3: Using Muscles and Imagination to Relax
- Module 4: Anger is an Emotion
- Module 5: Anger: The Good, the Bad and the Ugly
- Module 6: Danger Spots: Anger Cues and Triggering Events
- Module 7: Just Before the Storm: Feelings and Thoughts in a Flash
- Module 8: Challenging Yourself: Are Automatic Thoughts Automatically Right?
- Module 9: Showing Style: How do You Express Your Anger?
- Module 10: Cycles of Anger
- Module 11: Freeing Yourself from Rage (Part 1)
- Module 12: Freeing Yourself from Rage (Part 2)

- Module 13: Taking Responsibility and Self-Assessment
- Module 14: Your Long-Term Anger Management Plan

Group Structure:

During the first group session, each participant will be provided a comprehensive description of the program and will sign and agree to all the terms of the admission agreement.

Each participant will receive a pre- and post-assessment during the course of this group. The assessments are designed to assess changes in knowledge and behavior that will hopefully occur over the course of this group. These assessments should be completed during the first and last session of the group.

Starting with Module 4, participants will be asked to complete weekly logs for 10 weeks on a Monitoring Your Anger handout to monitor their anger levels and report on what they did after becoming angry. These successive logs are a second way of tracking participants' progress in monitoring and managing their anger.

Materials to Facilitate Group Process:

- Handout 1A: Participation Agreement
- Handout 1B: Anger Management Goals and Group Content  
Pre-Test & Self-Assessment
- Handout 2A: Learning to Relax through Deep Breathing
- Handout 2B: Resting Your Mind: Circles of Awareness
- Handout 3A: Learning to Relax Through Progressive Muscle Relaxation
- Handout 3B: Creating a Safe Place to Rest
- Handout 3C: Detailing your Safe Place
- Handout 3D: Tracking Your Relaxation Exercises
- Handout 4A: Anger is an Emotion: Basic Definitions and Vocabulary
- Handout 4B: In Your Own Words: What's Anger All About?  
Monitoring Your Anger Log
- Handout 5A: Positive and Negative Aspects of Anger
- Handout 5B: Anger Myths
- Handout 5C: In Your Own Words: Anger and You  
Monitoring Your Anger Log
- Handout 6A: Anger Cues
- Handout 6B: Events that Trigger Anger
- Handout 6C: Things You Hate: Identifying Your Personal Anger Triggers  
Monitoring Your Anger Log
- Handout 7A: Getting Hit in the Gut: Your "Primary" Emotions
- Handout 7B: Identifying Your First Gut Response
- Handout 7C: Knee-Jerk Reactions: Automatic Thoughts that Unleash Your Anger
- Handout 7D: In Your Own Words: Is There No Shame in Rage?  
Monitoring Your Anger Log
- Handout 8A: How Many Steps Does it Take to Get Angry?
- Handout 8B: The A-B-C-D Model and Automatic Thinking
- Handout 8C: Examining Your Anger with the A-B-C-D Model  
Monitoring Your Anger Log
- Handout 9A: Styles of Anger
- Handout 9B: Anger Style Worksheet
- Handout 9C: The Consequences of Your Anger Style  
Monitoring Your Anger Log

Handout 10A:	Phase One of an Anger Crisis: Escalation
Handout 10B:	Phases of an Anger Crisis: The Whole Cycle
Handout 10C:	The Aggression Cycle
Handout 10D:	Your Phases of Anger Monitoring Your Anger Log
Handout 11A:	5 Anger Management Techniques
Handout 11B:	In Your Own Words: Anger Management Skills, Part 1 Monitoring Your Anger Log
Handout 12A:	7 Anger Management Techniques
Handout 12B:	In Your Own Words: Anger Management Skills, Part 2 Monitoring Your Anger Log
Handout 13A:	An Anger Expression Map
Handout 13B:	In Your Own Words: Which Way Do You Want to Go Monitoring Your Anger Log Post-Test & Self-Assessment
Handout 14A:	Making a Long-Term Plan to Avoid Aggressive and Violent Behavior Certificate of Completion!

The videos referenced in the Anger Management curriculum (Cage the Rage) are available and may be borrowed from the MHM Clinical Operations Resource Library.

#### Source Materials and Additional Recommended Resources for Group Leaders

- Beck, A. T. (1999). *Prisoners of hate: The cognitive basis of anger, hostility, and violence*. New York: Harper Collins.
- Bowman, R., Johnson, J. L., Paget, M., & Thomas-Williams, M. (1998). *Aggressive and violent students*. Chapin SC: YouthLight, Inc.
- Gilligan, J. (1996). *Violence: Reflections on a national epidemic*. New York: Vintage Books.
- Linehan, M. M. (1993). *Skills training manual for treating Borderline Personality Disorder*. New York: Guilford.
- Nhat Hanh, T. (2001). *Anger: Wisdom for cooling the flames*. New York: Riverhead Books.
- Potter-Efron, R., & Potter-Efron, P. (1995). *Letting go of anger: The 10 most common anger styles and what to do about them*. Oakland CA: New Harbinger Publications.
- Reilly, P. M., Shopshire, M. S., Durazzo, T. C., Campbell, T. A. (2002). *Anger management for substance abuse and mental health clients: Participant workbook*. Rockville MD: Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration.
- Weisinger, H. D. (1985). *Dr. Weisinger's anger workout book: Step-by-step methods for greater productivity, better relationships, healthier life*. New York: William Marrow and Company.
- Williams, R., & Williams, V. (1993/1994). *Anger kills: Seventeen strategies for controlling the hostility that can harm your health*. New York: Harper Perennial.