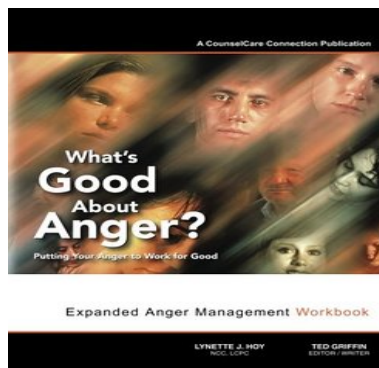




8-week, 16-hour ANGER MANAGEMENT COURSE DESCRIPTION AND OUTLINE

The “**Calming The Chaos**” virtual group anger management workshop follow the “What’s Good About Anger?” curriculum; providing evidence-based approaches for managing anger which is endorsed by the National Anger Management Association. The primary goals of this program include teaching participants the positive value of anger as well as assisting participants in recognizing their triggers, constructive ways of de-escalation, stress management, and understanding the consequences of their actions. Lecture, combined with classroom exercises, periodic assessments, take-home assignments, videos, and other interactive elements helps participants retain more information therefore increasing possibilities of a more successful outcome. All training sessions are facilitated by a Certified Anger Management Specialist.



A **Certificate of Completion** is given to all participants at the conclusion of the final session provided that they have attended all sessions. Missed sessions can be made up by scheduling individual sessions outside of the regularly scheduled group sessions.

The course outline provided below can be printed and reviewed by your attorney, employer, and/or probation officer(s) to determine whether or not this training will satisfy any employer or court-ordered anger management requirements. Also, they are free to contact us if any questions regarding details of the workshop are needed.

“WHAT’S GOOD ABOUT ANGER?” Training Curriculum

1. Anger: friend or foe?
2. The Process of Anger - its triggers
3. What IS Good About Anger?
4. Defusing Anger by Managing Stress
5. Handling Anger Effectively
6. Anger and Assertiveness
7. Managing Conflict
8. Turn Your Anger into Forgiveness
9. When to Take a Time-Out
10. Plan to Change Your Life by Changing Your Thinking
11. Empathy and Emotional Intelligence
12. Building Successful Relationships
13. Case Study Application
14. Reinterpreting Judgments and Expectations
15. Choosing Behavior Alternatives
16. Assertiveness Skills and The ASERT Approach

For more information please send an email with your questions to info@transformyouranger.com or call 240-548-7886