



The Skills Development Service Ltd presents  
one day training course:

# Anger Therapy: Hatred, Hostility & Bitterness

Why “Anger Management” is NOT enough?  
One day seminar on how to help clients to manage their anger  
problems effectively even when they are resistant

## What will the delegates take away from the course?

- A broader therapeutic understanding of the development and treatment of anger problems adding to CBT, Brief Solution & Psychodynamic perspectives
- A range of therapeutic strategies for BOTH anger suppression AND anger expression problems derived from the work of Chip Tafrate, Howard Cassinove, Aaron Beck and Mo Yee Lee, amongst others
- Detailed outlines for running anger management groups, as well as knowing when and how to use an individual approach
- Non-verbal interventions for use in whole school, work and institutional settings
- Increasing self awareness and teaching self control techniques-best practice examples
- The role of exercise in anger management.....as well as its dangers
- How to work with clients with anger problems who don't think they have a problem!

## How would you deal with the following ?

- Carl (37 yrs) is a perpetrator of domestic violence with a past criminal record for ABH. He is seeing you under compulsion and you suspect that he has decided he'll just sit it out and mouth the right words. How would you move him forward?
- Jessie (13 yrs) is seeing you for anger management following an attack on a classmate where she tried to stab her in the eye with a pen. She shows evidence of being bullied and presents as very passive and compliant when you see her. How do you approach this case?

This day will give you ideas on how to approach these and many other difficult cases in new and constructive ways

- **FREE CD-ROM** included containing presentation, guided reading list, evidence-based reference list, further resources and **COPIABLE WORKSHEETS**, checklists and forms to use immediately with your clients.
- Certificate of Attendance. Suitable for CPD and PREP.
- Video demonstrations of techniques
- Lots of opportunities for raising questions and discussion with tutor and colleagues
- Post-seminar case support and consultancy available

Available for In-house Training

Book now and take advantage of our unique **SPECIAL OFFER**  
see overleaf for details



# Anger Therapy: Hatred, Hostility & Bitterness

## Course Outline:

**09.30 Registration** (All times may vary depending on arrangements of your organisation)

### **10.00 The "Anger Epidemic"**

The size, growth and nature of the problem. Different types of anger problems including hidden anger problems. The reasons why there are no specific services. Why a single "anger management" approach does not work. The question of "ownership of the problem". The development of anger problems in children and adults – gender differences and their implications. Risk factors – environmental, cognitive and interpersonal.

### **11.15 Refreshments Break**

### **11.45 Non-Verbal Interventions**

Territorial management, Boundary setting, consistency and expectation. Identifying reinforcing factors and changing responses to angry behaviour. Altering environments to reduce angry behaviour. Substance use, diet and anger

### **12.15 Rethinking Therapeutic Interventions For Anger Problems (1)**

Traditional approaches to anger expression problems and their limitations. Anger as addictive behaviour. Understanding anger problems within a Stages Of Change Model. Working with anger expression clients who do not think they have a problem. General therapeutic approach and the integration of MI and BSFT techniques. Working with ambivalent anger clients. *Video demonstration of the use of the Miracle Question (MQ) with a contemplating client with anger expression problems.*

### **13.00 Lunch Break**

### **14.00 Rethinking Therapeutic Interventions For Anger Problems (2)**

Working with clients at an action stage. Therapeutic interventions for anger suppression problems. A self test for our own attitudes towards anger. A BSFT approach to anger suppression. CBT techniques for raising awareness of negative attitudes towards anger. The constructive use of anger. Role models. Does catharsis work? Confidence building and assertiveness training. Anger Expression problems - Addressing self awareness and arousal management.

### **15.15 Refreshments Break**

### **15.45 Rethinking Therapeutic Interventions For Anger Problems (3)**

Avoidance and escape strategies - uses and limitations. The use of the BARB technique and a video demonstration of its use with a client. Life skills training approaches.

### **16.30 Finish**

## SDS In-House Training

## How to Book



- E-mail us on [info@skillsdevelopment.co.uk](mailto:info@skillsdevelopment.co.uk) briefly outlining your needs.
- A written quotation, booking conditions and an outline of the proposed training will be sent to you within 48 hours.
- If the topic you are interested in is not on our list, one of our training consultants will get back to you within the next two or three days to discuss your requirements.
- Please recognise that because of high demand, forward planning of between three and twelve months is often required. So please book your in-house training in advance and we will do everything possible to accommodate your needs.

## Special Offer only for In-House Customers

- With every in-house day you have with us – we will issue a voucher enabling one person from your organization to attend one of our seminars completely **FREE**.
- You receive this voucher immediately after your in-house training day will have taken place.
- This is a unique opportunity for your staff to try our new topics totally free and for your organization to get "first hands" feedback on our new courses.



Skills  
Development  
Service Ltd

SDS