

Anger Management 101

Fight 4 Kids, Inc. 2008 Syllabus

This anger management program was designed by Patrick M. Reilly, Ph.D. Michael S. Shopshire, Ph.D. of the U.S. Department of Health and Human Services and Michael S. Shopshire, Ph.D., of the San Francisco Treatment Research Center. The treatment model combines a CBT approach that employs relaxation, cognitive, and communication skills interventions. While this course introduces several anger management techniques and includes both group discussion and practice, ongoing anger management aftercare groups are recommended.

Administration of this program is through Fight 4 Kids, Inc., a nationally recognized 501c3 child and parent advocacy organization.

Anger Management 101 has eight structured modules. Each module includes instructions, visual aids, class discussion questions, quizzes, and homework for practicing concepts.

Module One: The Basics

This module introduces students to the purpose of the class and the basics of anger management including the myths involved.

Module Two: Events & Cues

This module suggests that when someone gets angry, it is because an event has provoked the anger. The specific events may be associated with sensitive areas in a person's life. These sensitive areas or "red flags" usually are long-standing issues.

Module Three: Anger Control Plans

This module begins to discuss how to develop an anger control plan and how specific strategies such as timeouts and relaxation can be tools to control anger.

Module Four: The Aggression Cycle

This module introduces the framework for integrating concepts from the previous modules. This framework is called the aggression cycle. Episodes of anger are viewed as consisting of three phases: *escalation*, *explosion*, and *post-explosion*.

Module Five: Cognitive Restructuring

The Cognitive Restructuring module introduces Albert Ellis' model known to be critical for anger management treatment. In this model, the A-B-C-D or rational-emotive model includes: "A" as an **A**ctivating event, "B" as the **B**eliefs people have about the activating event, "C" as the emotional **C**onsequences of events, and "D" as the **D**ispute that often can follow.

Module Six: Assertiveness Training

This module explores assertiveness and how it involves a set of behaviors and skills that require time and practice to learn and master. The material presented establishes the most important aspect of assertiveness training: conflict resolution.

Module Seven: Conflict Resolution Model

This module introduces students to a method of acting assertively called the Conflict Resolution Model. This method involves five steps of problem solving that can easily be memorized.

Module Eight: Anger & the Family

The final structured module explores how anger and other emotions are displayed by parents and in families. The purpose of this module is to examine the connection between what a student learned in the family that he or she grew up, and current behavior & interactions with others now as adults.

Accountability & Certification of Training

Certification for this course requires a minimum Final Exam score of 90% and an evaluation of a student's classroom participation.

Documentation supporting the certification of a student is available upon request with the express approval of the student.