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ANGER MANAGEMENT

FOR INDIVIDUALS WITH DISABILITIES AND
RELATED PSYCHIC CONDITIONS

A Cognitive-Behavioral
Therapy Manual

SAUNDERS

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Anger Management Manual

Cameron Stewart



Anger Management Manual:

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Emotionally Intelligent Anger Management is a comprehensive cognitive behavioral group workbook Adapted from the highly effective Emotionally Intelligent Batterer Intervention program this manual utilizes evidence based practices for emotional regulation Powerful cognitive restructuring techniques help individuals override harmful thinking patterns while healing old wounds Participants who complete this program express feeling free from the heavy burden of their unhealthy coping strategies This comprehensive manual allows participants to review valuable material between groups complete homework assignments and integrate core concepts As individuals learn to turn toward themselves with acceptance and compassion they no longer need their protective anger shield This program exceeds the standard level of care for anger management programs while it successfully promotes the development of healthy boundaries assertiveness skills conflict resolution accountability emotional intelligence and mindfulness Emotionally Intelligent Anger Management produces a deeper level of change for participants and a continuity of care among treatment providers In addition to group treatment this workbook is recommended as a self help guide for individuals seeking tools for impulse control and emotional regulation **Anger Management Manual** Donald L. Hoffman,2010 *Anger Management for Substance Abuse and Mental Health Clients* Patrick M. Reilly,Michael S. Shopshire,2003 This workbook is designed to be used by participants in an anger management group treatment curriculum for substance abuse and mental health clients It provides individuals participating in the 12 week anger management group treatment with a summary of core concepts worksheets to complete homework assignments and space to take notes for each of the sessions The concepts and skills presented in the anger management treatment are best learned by practice and review and by completing the homework assignments given in this workbook Using this workbook as an adjunct to your participation in the 12 week anger management group treatment will help you develop the skills that are necessary to successfully manage anger **Anger Management Manual** Helen Dawson,Sharee Lussick,1994* **Anger Management Assessment Manual** National Anger Management Association, NAMA is pleased to

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