

St Joseph's PROS Program Curriculum Outline

Course Title: The Anger Workbook for Women

Frequency and Duration: weekly for 60 minutes x 12 weeks

Component and Service: CRS-WSM

Course Overview/ Description

Women experience anger differently from men; it is often more complex and intertwined with hurt. We often feel a sense of powerlessness regarding the anger provoking behaviors of spouses, friends, family and co-workers. Whether they seethe in silence or scream and shout, women do not feel good about the way they handle anger. This class will involve active participation through reading, out of class assignments, role play and discussion. Class sessions are designed to build one upon another so COMMITMENT and CONSISTENCY are essential.

Goals

Participants will learn and apply the skills taught in this class to their natural environments including work, school, family and social.

Expected outcomes

Upon completion of this class participants shall report increased satisfaction with their ability to handle anger.

Modules

1. Introduction-“I have an anger problem?”
2. Women, socialization and Anger
3. Feelings
4. How Do You Deal with Anger
5. Boundaries
6. Stress, Self-Esteem and Anger
7. Changing Your Self Talk
8. Anger and Your Physical Health
9. Mood disorders and Anger
10. Spirituality and Anger
11. The Positive Functions of Anger/Skills & Tools for Better Communication
12. Review / Assessing progress/ Class Evaluation