

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Anger Management

Total Number of Sessions: 13

Duration of each session: 45 minutes

PROS Service: CRS Wellness Self Management

Target population:

- **Diagnoses:** Mood Disorders, Psychotic Disorders, Personality Disorders, Substance Abuse Disorders, Anxiety Disorders

- **Barriers to be overcome:**
 - Problems recognizing anger.
 - Poor conflict management skills.
 - Difficulty dealing with different types of conflict effectively.
 - Poor tolerance for stress.
 - Difficulty communicating needs and building a support system.

Service Goal: Assist participants in learning effective ways to manage anger and problem solve so that they can improve their overall quality of life and manage symptoms.

Service Objectives:

1. Define how conflict impacts people with mental illnesses.
2. Reduce negative effects of conflict by developing and applying conflict reduction methods in their everyday life.
3. Improve anger recognition and the use of anger management skills.
4. Improve problem-solving skills and enhance personal support systems.

References/Resources:

- The Anger Control Workbook: Simple, innovative techniques for managing anger and developing healthier ways of relating: Workbook (McKay & Rogers, 2000).

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Title of Service: Anger Management

Session: 1 Getting Started; Emergency Anger Control

Duration: 45 minutes

Service Objective(s):

1. Define how conflict impacts people with mental illnesses.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 1).

Activities:

- Define conflict and discuss how it can affect mental health symptoms.
- Discuss what are the typical responses to anger feelings.
- Discuss “act the opposite” solutions for immediate relief until further along in the curriculum.

Homework: Choose from 5 options.

- Complete the 24 hour anger commitment (optional).
- Share handout with someone from support system.
- Assess personal conflict.
- Other (participant’s choice).
- Track personal conflicts over the week and write it down for next session. 0

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Title of Service: Anger Management

Session: 2 The Costs of Anger

Duration: 45 minutes

Service Objective(s):

1. Define how conflict impacts people with mental illnesses.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 2).

Activities:

- Review homework.
- Discuss the psychological, emotional and interpersonal costs of anger.
- Complete the personal costs of anger worksheet (pp. 13-14).
- Discuss how chronic conflict can be harmful to your health.
- Introduce concept of conflict-reducing skills.
- Review main learning points of session.

Homework: Choose from 4 options.

- Study handout.
- Share handout with someone from support system.
- Identify 3 conflict costs that you want to work on with your treatment team.
- Other (participant's choice).

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Session 3: Understanding Your Anger

Duration: 45 minutes

Service Objective(s):

1. Improve anger recognition and the use of anger management skills.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 3).

Activities:

- Review homework.
- Discuss “anger pay off’s”
- Complete the exercise on p. 17 of personal “pay off’s”
- Discuss the development of anger
- Introduce the purpose of an anger log

Homework: Choose from 4 options.

- Examine Ginny and Ralph’s anger log
- Complete your own anger log on p. 23
- Practice monitoring your anger on p. 25
- Other (participant’s choice)

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Session: 4 Relaxation Skills I

Duration: 45 minutes

Service Objective(s):

1. Improve anger recognition and the use of anger management skills.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 4).

Activities:

- Review homework from last session.
- Discuss progressive muscle relaxation and imagery as tools for conflict resolution.
- Discuss how to recognize anger/conflict so you can take action before it gets out of control.
- Present and discuss the “personal relaxation scene worksheet on p. 31.

Homework: Choose from 5 options.

- Use the anger log to continue monitoring of situations that elicit anger (generally situations that cause a reaction greater than 40 on a 1-100 scale).
- Use the relaxation scene at least 5 times before next week.
- Complete the relaxation log.
- Other (participant’s choice).

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Session: 5 Advanced Relaxation Skills

Duration: 45 minutes

Service Objective(s):

1. Reduce negative effects of conflict by developing and applying conflict reduction methods in their everyday life.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 5).

Activities:

- Review homework from last session.
- Discuss advanced relaxation skills, breathing.
- Complete deep breathing, relaxation without tension, cue-controlled relaxation, what works for you.
- Complete deep breathing worksheet on p. 37.

Homework:

- Complete worksheets.
- Complete anger log and relaxation log II.

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Title of Service: Anger Management

Session: 6 Trigger Thoughts

Duration: 45 minutes

Service Objective(s):

1. Improve anger recognition and the use of anger management skills.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 6).

Activities:

- Review homework from last session.
- Discuss life events that may be stressful and cause conflict but happen to everyone (optional use scenario game).
- Discuss the importance of recognizing trigger thoughts.
- Discuss thoughts that make you feel helpless.
- Complete 1-11 trigger thought themes (pp. 52-53).

Homework:

- Record anger experiences.
- Implement at least one of the “taking control exercises.”
- Practice and record dates for relaxation imagery, cue-controlled relaxation and relaxation without tension in your relaxation log.
- Other (participant’s choice).

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Session: 7 The Anger Distortions

Duration: 45 minutes

Service Objective(s):

1. Reduce negative effects of conflict by developing and applying conflict reduction methods in their everyday life.
2. Improve anger recognition and the use of anger management skills.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 7).

Activities:

- Review homework from last session.
- Discuss common anger distortions.
- Discuss and complete distortions worksheet on p. 63.
- Have participants identify their common distortions.

Homework:

- Record anger experiences and complete log.
- Implement at least one of the “taking control” exercises.
- Practice and record dates for relaxation imagery, cue-controlled relaxation and relaxation without tensing on your relaxation log.

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Session: 8 Creating Coping Thoughts

Duration: 45 minutes

Service Objective(s):

1. Improve anger recognition and the use of anger management skills.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 8).

Activities:

- Review homework from last session.
- Discuss the general coping thoughts list found on p. 72.
- Have participants complete their own coping thoughts list.
- Discuss anger distortions found on pp. 74-75.
- Have participants complete coping thoughts worksheet to assist them with identifying counter responses.

Homework:

- Use one of your three general coping statements in responses to anger situations.
- Record anger experiences and complete log.
- Implement at least one of the “taking control” exercises.
- Practice and record dates for relaxation imagery, cue-controlled relaxation and relaxation without tensing on your relaxation log.

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Session: 9 Anger Inoculation I

Duration: 45 minutes

Service Objective(s):

1. Improve problem-solving skills and enhance personal support systems.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 12).

Activities:

- Review homework from last session.
- Discuss coping styles including assertiveness skills; practice assertiveness statements in group.
- Complete assertiveness scripts worksheet 1 & 2 (pp. 130-131).
- Discuss the importance of setting limits and discuss saying no, complete the exercise on p. 133 and the worksheet on p. 134.
- Discuss dealing with criticism and identify the ways to use coping thoughts to assist with management of criticism.

Homework: Choose from 4 options.

- Use one of your three general coping statements in response to anger situations.
- Record anger experiences and complete log.
- Implement at least one of the “taking control” exercises.
- Practice and record dates for relaxation imagery, cue-controlled relaxation and relaxation without tensing on your relaxation log.

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Session: 10 Anger Inoculation II

Duration: 45 minutes

Service Objective(s):

1. Reduce negative effects of conflict by developing and applying conflict reduction methods in their everyday life.
2. Improve anger recognition and the use of anger management skills.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 13).

Activities:

- Review homework from last session.
- Discuss best coping thoughts (cool, problem solving, escape, self-confidence, new explanations, see the whole pictures, getting accurate, preferences not should and people are doing their best).
- Discuss 1-11 best coping behaviors.
- Have participants complete the anger planning worksheet found on p. 146.
- Discuss stages of anger and steps to noticing it and effectively managing it.

Homework: Choose from 6 options.

- Study handout.
- Share handout with someone from support system.
- Record anger experiences and complete log.
- Implement at least one of the “taking control” exercises.
- Practice and record dates for relaxation imagery, cue-controlled relaxation and relaxation without tensing on your relaxation log.
- I will fill out the Recognizing Anger Exercise and bring it to next session to share it with the group.

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Title of Service: Anger Management

Session: 11 Anger Inoculation III

Duration: 45 minutes

Service Objective(s):

- 1 Reduce negative effects of conflict by developing and applying conflict reduction methods in their everyday life.
2. Improve anger recognition and the use of anger management skills.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 14).

Activities:

- Review homework from last session.
- Discuss blocks 1-6 and have participants identify experiences with these examples.

Homework:

- Record anger experiences and complete log.
- Implement at least one of the “taking control” exercises.
- Practice and record dates for relaxation imagery, cue-controlled relaxation and relaxation without tensing on your relaxation log.
- I will fill out the Recognizing Anger Exercise and bring it to next session to share it with the group.

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Session: 12 Problem Solving Communication

Duration: 45 minutes

Service Objective(s):

1. Improve anger recognition and the use of anger management skills.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 15).

Activities:

- Review homework from last session.
- Discuss core qualities.
- Discuss active integration and complete worksheet on p. 169.
- Have participants complete the exercise: People are doing the best they can, ending negative self labels.
- Introduce healthy self-care concepts and self-nourishment.

Homework: Choose from 5 options

- Record anger experiences and complete log.
- Implement at least one of the “taking control” exercises.
- Practice and record dates for relaxation imagery, cue-controlled relaxation and relaxation without tensing on your relaxation log.
- I will take care of myself everyday and do one thing everyday that nourishes my soul and I will practice healthy thinking.
- Complete Self-Nourishment exercise.

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Session: 13 Your Plan for Real Life Coping

Duration: 45 minutes

Service Objective(s):

1. Improve problem-solving skills and enhance personal support systems.

Handouts:

- The Anger Control Workbook (McKay & Rogers, Chapter 16).

Activities:

- Review homework from last session.
- Discuss how a good support system can make us stronger.
- Discuss importance of making regular contact with people in support system and reasons you may need to do so.
- Discuss the importance of recognizing what is underneath the anger.
- Have participants fill out Support System Emergency Sheet.

Homework:

- None as this is the last session.