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Mini Workshop: Group Counseling for Anger Management



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& Efficacy

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Purpose
&
Rationale

1





The purpose of this mini-workshop is to provide school counselors with some strategies, activities, and resources to effectively implement small groups focused on anger management.

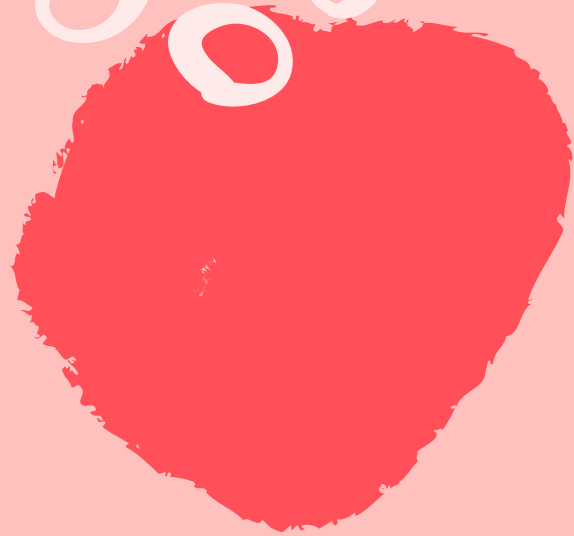
We aim to show you how group counseling can be an effective intervention for students displaying anger and anger-related behaviors.

What is Anger Management?

2



Ice Breaker



What is Anger?

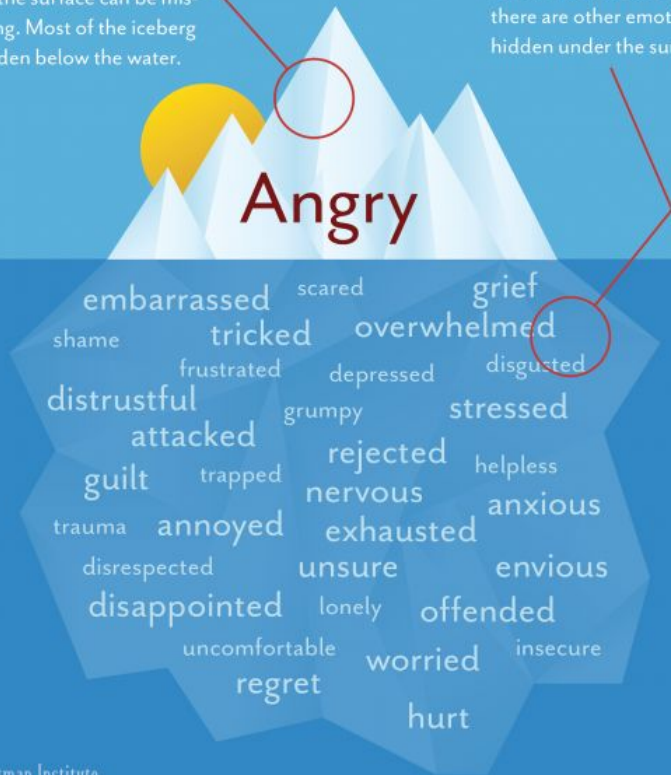
- Anger is a natural, universal emotion.
- A state of arousal provoked by environmental stressors, such as socially instigated conditions of threat or frustration (Fabes & Eisenberg, 1992).



Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



What is Anger Management?



The process of:

- Recognizing signs that one is becoming angry
- Reducing and controlling emotions & physiological arousal to deal with a situation more productively (Mayo Clinic, 2017; O'Lenic & Arman, 2005).

Anger management skills can include:

- Identifying, challenging, and replacing unrealistic beliefs and conclusions
- Learning relaxation and coping skills
- Practicing problem-solving (O'Lenic & Arman, 2005)

Why Does it Matter?

Untreated anger can lead to negative outcomes such as:

- Bullying and school violence
- Behavioral outbursts
- Dysfunctional interpersonal relationships
- Mood disorders
- Health problems (e.g., hypertension, cardiovascular disease)



(Blake & Hamrin, 2007; Gansle, 2005; Sportsman, Carlson, & Guthrie, 2010)

Group Counseling & Efficacy

3



ASCA Position Statement

“Group counseling can help **reduce social isolation and negative emotions, as well as increase positive peer relations and a sense of belonging.** In group counseling, affect, cognition and behavior are emphasized. The group creates a climate of trust, caring, understanding and support that **enables students to share their concerns with peers and the school counselor.** Group work in schools represents an integral domain in the ASCA National Model (Erford, 2019; ASCA, 2019).”

(American School Counselor Association, 2020)

Benefits of Small Groups for Anger Management

- Feedback on interpersonal skills from peers and school counselor
- Vicarious reinforcement of prosocial behavior
- Practice new skills through modeling and role play

Findings suggest that children who can regulate their anger and distress in social situations are better able to maintain positive relationships & solve conflict directly in nonaggressive ways.



Programs for Anger Management

- Current research details various approaches to Anger Management
 - Promoting Alternative Thinking Strategies (PATHS)
 - Expression, understanding, and regulation of a broad range of emotions
 - Second Step
 - Anger management and primary prevention to promote social compliance
 - Teen Anger Management Education (TAME)
 - Arousal management, cognitive restructuring, and pro-social skills training
- School- and home-based training components



Intervention Efficacy



- Releasing the STEAM study
 - Behavioral and Emotional Rating Scale (BERS) pre/post-test
 - 143 participants across five schools, grades 1-8
 - The STEAM program followed the activity-interview theoretical framework (Schiffer, 1984) by combining play activities with traditional talk therapies techniques, such as group discussion
- Findings
 - Teacher, Student, and Parent report of significant improvement in emotion management skills
 - EARLY intervention during grades 1-3 most effective

(Bidgood, Wilkie, & Katchaluba, 2020)



2012 Meta-Analysis

60 studies about anger management programs on social-emotional functioning

- 0.27 (small to moderate)
- Interventions reduced children's negative emotional and behavioral outcome measures compared to the control group

Anger management programs were statistically effective when focused on:

- Coping skills training
- Emotional awareness and self-control
- Problem solving
- Relaxation



Strategies

04



Activity: Role Play

Student: "Good morning, Mrs. _____."

Teacher: "Hello, _____. Please pass out these papers."

A few moments later the teacher approaches the student.

Teacher: "Why are you not emptying the pencil sharpener?"

Student: "I thought you wanted me to pass out papers."

Teacher: "Don't talk back! Empty the pencil sharpener!"

Overall Techniques/Themes

1

Identifying triggers and
body signs

2

Negative thoughts &
ABCDE

3

Coping Skills and
relaxation techniques

4

Role playing

5

Keeping a log &
journaling

6

Social Skills

Common Strategies

1

Deep breathing (taking a deep breath)

2

Counting to ten (or backwards from ten)

3

Pleasant Imagery

4

Positive self-talk

5

Leaving the situation/asking adult for help

6

Progressive muscle relaxation

CBT & Anger Management

Physiological

Experience of anger, intensities, triggers, early warning signs,

Cognitive

Identify distorted thinking, alternative causal attributions



Behavioral

Solving problems, being assertive, communicating

DBT

Build awareness of emotional arousal, prosocial behavior options

Sample Curriculum

5



Sample Curriculum

(Bell, R., 2013)

- Middle School Population
- 10 weeks, once a week for 45 minutes
- Meeting 1: Introduction
- Meetings 2-4: Addressing anger arousal
- Meetings 5-7: Behavioral changes that can be made
- Meetings 8-10: cognitive interventions, with a focus on reviewing and closing the group
- Materials: large pad of paper (if not a blackboard), small notebooks for members to have as journals
- Format:
 - Min. 1-5: Check in and rule review
 - Min. 5-10: Review Homework
 - Min. 10-4-: Main activity and summary
 - Min. 40-45: Instructions for homework

Critique

(Bell, R., 2013)

- Simple material list
- 10 sessions (a good length of time)
- Began “anger journal” the first week
 - Observe situations when they get angry
 - What happens to their bodies
 - Debrief at the beginning of the next session
 - One member shares a situation and the entire group brainstorms
- Awareness, strategies
- Role playing

Resources

6



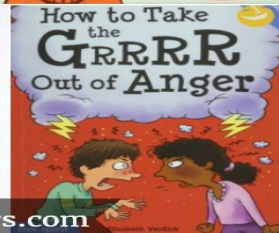
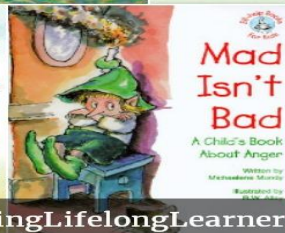
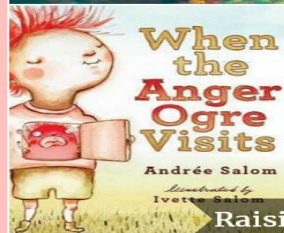
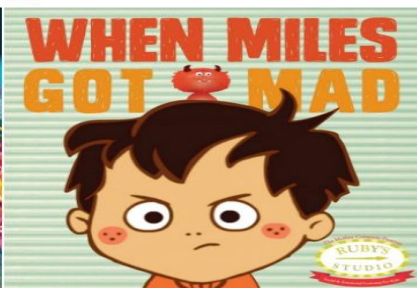
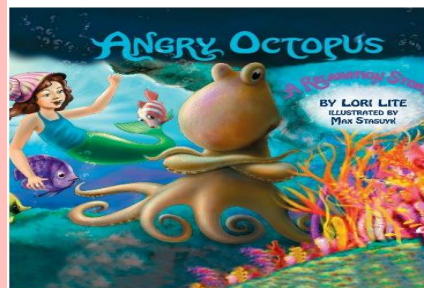
Books & Online Resources

Turning Point Center for Families

Anger Management worksheets

CEBC - PATHS Program

BOOKS TO HELP KIDS LEARN ABOUT Anger



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Thank you!

Any questions?

Please fill out our [evaluation form](#) for
feedback!