

Anger Triggers- Course Outline

This 2 week class(or 1 day intensive seminar) defines anger as a secondary emotion.

Benefits: *Will help client indentify and define motives for anger, strategically helping them to avoid acting out and give them real life tools to prevent aggressive behaviors.*

****Ideally for violent offenses and anti-social behaviors***

Session 1:

- Paradigm Shift - demonstrating how our cognitive behavior is influenced by how we view the world, explain what exactly a paradigm shift is

Session 2:

- Role plays, exercises, skills that will educate client in anger management