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# D.S.U.T. Corporation

Anger Management Training Course Registration Form  
Approved by the Cuyahoga County Court System

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## Participant Information

Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Referral Information

☐ Self-Referred ☐ Court-Ordered ☐ Probation Officer Referral  
If court-ordered or referred by probation officer:  
- Court Case Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
- Court or Agency Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
- Probation Officer Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
- PO Contact Number or Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Course Overview

- Course Title: Anger Management Training Course  
- Curriculum: Cuyahoga County Court-Approved  
- Course Start Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_\_  
- Location: ☐ In-Person ☐ Virtual ☐ Hybrid  
- Course Length: \_\_\_ Weeks | Total Sessions: \_\_\_  
- Schedule: ☐ Weekly ☐ Biweekly ☐ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
✅ Upon successful completion, participants will receive an official Certificate of Completion immediately.

## Confidentiality Notice

D.S.U.T. Corporation is committed to protecting the privacy and confidentiality of all participants. Information disclosed during the course will be treated as confidential and will not be shared without written consent, except when required by law (e.g., threats of harm to self or others, court subpoena, child abuse reporting, etc.).

## Terms of Agreement

1. I will attend all scheduled anger management training sessions unless excused with prior notice.

2. I will actively participate in class discussions, exercises, and assignments.

3. I understand that tardiness, absences, or lack of participation may lead to removal from the course without issuance of a certificate.

4. I understand the course is compliant with the Cuyahoga County court requirements and a Certificate of Completion will be issued immediately upon successful fulfillment of the program.

5. I agree to conduct myself respectfully and professionally during all course sessions.

6. I have read and understood the confidentiality policy provided above.

Participant Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_\_  
Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## For Office Use Only

Date Registered: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_\_  
Payment Received: ☐ Yes ☐ No | Amount Paid: $\_\_\_\_\_\_\_\_\_\_  
Case Verified: ☐ Yes ☐ No  
Assigned Group / Instructor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Certificate Issued: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_\_

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# Court-Mandated Anger Management Program Outline

### Course Title:

Court-Approved Anger Management Program: Accountability, Control, and Change

### Duration:

12 sessions (1–1.5 hours each)

(Flexible for 8, 12, or 16 weeks based on court requirements)

### Course Requirements:

* Attendance and punctuality
* Participation in discussions and activities
* Completion of weekly assignments and a final personal anger management plan
* Signed commitment and confidentiality agreements (group rules)

## Program Objectives:

Participants will:

* Understand the connection between anger, behavior, and legal consequences
* Recognize their personal anger patterns and triggers
* Learn and practice emotional regulation techniques
* Build accountability and coping strategies to prevent future legal issues
* Demonstrate measurable improvement in managing anger

## ✅

## Session-by-Session Breakdown

### Session 1: Orientation & Legal Accountability

* Introductions, confidentiality, and rules
* Overview of the court order and compliance expectations
* Understanding personal responsibility
* Pre-program self-assessment

Assignment: Write about the incident that led to the court mandate (optional for group sharing)

### Session 2: What Is Anger?

* Difference between anger, aggression, and violence
* Anger as a normal emotion vs. problem behavior
* Impact of unmanaged anger on self and others

Assignment: Track episodes of anger during the week

### Session 3: Triggers and Early Warning Signs

* Identifying personal anger triggers
* Physical and emotional signs of escalation
* The “red zone” and emotional hijacking

Activity: Trigger map or log

Assignment: Complete daily anger log

### Session 4: The Anger Cycle & Thought Patterns

* The anger buildup cycle
* How thoughts fuel anger
* Introduction to cognitive distortions (e.g., blaming, catastrophizing)

Activity: Identify thoughts → feelings → behaviors

Assignment: ABC worksheet

### Session 5: Taking Responsibility for Behavior

* Understanding the consequences of aggressive behavior
* Differentiating intention from impact
* Personal accountability without excuses

Activity: “Victim vs. Ownership” role-play

Assignment: Reflective journaling on past behaviors

### Session 6: Coping Skills and De-escalation Techniques

* Calming techniques: breathing, timeouts, grounding
* Creating space between stimulus and response
* Self-talk for calming

Activity: Practice de-escalation in group

Assignment: Identify 3 go-to coping strategies

### Session 7: Communication Skills

* Assertiveness vs. aggression
* Active listening and non-defensive communication
* “I” statements and boundary setting

Activity: Conflict resolution role-play

Assignment: Practice assertive communication at home

### Session 8: Managing Anger in Relationships

* Family, intimate partners, parenting
* Cycle of conflict and emotional abuse
* Building respectful communication patterns

Assignment: Relationship reflection worksheet

### Session 9: Substance Use and Anger

* The connection between drugs/alcohol and aggression
* How substances lower inhibition and escalate anger
* Relapse and risk management

Assignment: Substance use impact inventory (if applicable)

### Session 10: Stress, Trauma, and Emotional Regulation

* Role of past trauma in anger responses
* Learning emotional awareness
* Mindfulness and emotional regulation strategies

Activity: Guided relaxation or mindfulness

Assignment: Practice one emotional regulation technique daily

### Session 11: Preventing Relapse & Building a Support System

* Recognizing relapse warning signs
* Creating a support network
* Resources: counseling, support groups, mentors

Assignment: Draft a relapse prevention plan

### Session 12: Final Review and Personal Plan

* Review key concepts from the course
* Share takeaways and challenges
* Submit final personal anger management plan

Activity: Final self-assessment and group discussion

Certificate of Completion issued (if court requires)

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## Program Deliverables (for Court Documentation):

* Attendance record
* Weekly progress notes (optional)
* Final report or completion certificate
* Copy of personal anger management plan (if required)

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## Materials Needed:

* Participant workbook or binder
* Weekly anger tracking logs
* Handouts (ABC model, coping skill lists, communication tips)
* Optional: videos on anger, interactive group exercises