

Anger Management Workshop Series

Part I: Introduction

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Goals: To increase participant understanding of the different pathways involved in managing anger through information, discussion and experiential exercises. Participants will gain insight and develop skills on effective and appropriate communication of anger.

Group size: This workshop involves active processing. It is best conducted in small groups of 8-10 participants. If working with a larger group size, we recommend breaking into smaller sub-groups. This workshop series can be developed into an ongoing support group.

Time Required: One hour and a half to two hours, per workshop.

Materials:

Physical Setting: This workshop is best conducted in an average sized group room with moveable chairs and no tables, though some group exercises require writing instruments. It would not work in an auditorium setting. Given the sensitivity of the topic, participant confidentiality needs are important considerations when deciding upon a room.

[Workshop Outline](#)

1. Introduction to Workshop Series (10 minutes)

Goal: To increase your understanding of the different pathways involved in managing anger through information, discussion and experiential exercises. You will gain insight and develop skills on effective and appropriate communication of anger.

A. Overview of next four weeks:

Week II Anger as an Emotion

Week III Anger as a Physiological Response

Week IV Anger as a Thought Process

Week V Anger Management through Interpersonal Training

B. Confidentiality (in and out of group) (15 minutes)

Develop group rules which include:

- Treat all group members with respect
- Don't hurt anyone else or yourself
- No physical aggression
- No judgements, be supportive of others
- Be aware of language

C. Introductions (15 - 20 minutes, depending on group size)

- Name
- Why interested in group?

Break (5 minutes)

2. Anger Inventory (30 minutes)

Ask group members to complete Anger Inventory and then discuss.

Facilitate a discussion to include the following topics:

1. How did mom do mad?
2. How did dad do mad?
3. How did other significant people do mad?
4. What was the response when you got mad?
5. Do you find that you currently do any of these things?

Process group activity: what was it like to do the Anger Inventory? (discuss 20 – 30 minutes depending on group size)

3. Psycho-education content:

1. Function/Purpose of anger: message or indicator we send to ourselves that we're not happy.

2. Need to know what to do with that message.
3. Appropriate and inappropriate ways of dealing with anger.
4. Point of workshop is to learn alternatives to communication and expression of anger.

Jennifer F. Taylor & Shannon Tran are psychologists at Humboldt State University's Counseling & Psychological Services

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