

ANGER MANAGEMENT PROGRAM

32100 Utica Road, Fraser MI 48026

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Director

Course Outline

Session One

Goals of the program. Personal expectations of and responsibilities for completing the program. Identify and explain what anger is and the possible consequences of angry behavior. Identify behavior that resulted in required participation. Explain various learning styles.

Session Two

Explain the five basic needs. Identify what need participant was trying to fulfill at time of incident. Identify sources of anger and triggering events, places and people. Identify appropriate versus inappropriate responses to anger. Identify the consequences of anger.

Session Three

Identify communication styles more conducive to problem solving. Learn techniques for managing anger. Identify positive responses to be used in anger provoking situations. Identify what values are important in participant's lives.

Session Four

Identify community resources for further assistance. Explore future options for dealing with potentially anger provoking situations using skills learned in segment three. Share experiences with class instructor.

Final Interview

Your final interview appointment is usually the same day as the class. If this is not possible for some reason, it is very important you contact the offices on the next business day after the class. Plan on the interview taking about 20-30 minutes. This is a general review, re-assessment, and wrap-up session one-on-one with an interviewer.

We hope you learn from and enjoy these classes. Our goal is to help you make healthy lifestyle choices so that your future will be a safe one, free from legal and personal problems caused by anger.