



Darlene Hunter & Associates, LLC

Anger Management Training Course Outline

Module One: Getting Started

- √ Workshop Objectives
- √ Pre-Assignment Review

Module Two: Understanding Anger

- √ The Cycle of Anger
- √ Understanding Fight or Flight
- √ Common Myths about Anger
- √ Case Study
- √ Module Two: Review Questions

Module Three: Do's and Don'ts

- √ Unhelpful Ways of Dealing with Anger
- √ Helpful Ways of Dealing with Anger
- √ Case Study
- √ Module Three: Review Questions
- √ Module Four: Gaining Control
- √ A Word of Warning
- √ Using Coping Thoughts
- √ Using Relaxation Techniques
- √ Blowing Off Some Steam
- √ Case Study
- √ Module Four: Review Questions

Module Five: Separate the People from the Problem

- √ Objective vs. Subjective Language
- √ Identifying the Problem
- √ Using "I" Messages
- √ Case Study
- √ Module Five: Review Questions
- √ Module Six: Working on the Problem
- √ Using Constructive Disagreement
- √ Negotiation Tips
- √ Building Consensus
- √ Identifying Solutions
- √ Case Study
- √ Module Six: Review Questions

Module Seven: Solving the Problem

- √ Choosing a Solution
- √ Making a Plan
- √ Getting it Done

- √ Case Study
- √ Module Seven: Review Questions

Module Eight: A Personal Plan

- √ Understanding Hot Buttons
- √ Identifying Your Hot Buttons
- √ A Personal Anger Log
- √ Case Study
- √ Module Eight: Review Questions

Module Nine: The Triple A Approach

- √ Alter
- √ Avoid
- √ Accept
- √ Case Study
- √ Module Nine: Review Questions
- √ Module Ten: Dealing with Angry People
- √ Understanding the Energy Curve
- √ De-escalation Techniques
- √ When to Back Away and What to Do Next
- √ Case Study
- √ Module Ten: Review Questions

Module Eleven: Pulling It All Together

- √ Process Overview
- √ Putting It into Action
- √ Case Study
- √ Module Eleven: Review Questions

Module Twelve: Wrapping Up

- √ Words from the Wise