



7-70 Re-entry
Services

Mathew 18:22

Anger Management Course Syllabus

The course is 10 hours and it's free. However, in order to get a certificate of completion, the participant must attend every session and complete all assignments.

Lesson 1

Overview of the course: Anger, its hooks and the elements of basic control are presented with the importance of attitudes, personal and spiritual health, patience, humor and persistence. The importance of the bigger picture is also stressed. The role of people skills, alcohol and drugs is discussed. Myths about anger are debunked. Journaling is introduced.

Lesson 2

Techniques for reducing physical arousal are presented; calm breathing and progressive muscle relaxation are demonstrated and practiced. Automatic thoughts and distortions are discussed as well as a technique for controlling such thoughts. Self-esteem is defined and discussed. Principles for changing self-esteem are presented.

Lesson 3

Emotional wounds from childhood and their affect on anger are discussed. A method of writing about feelings is demonstrated as well as the importance of confiding those wounds. Forgiveness is covered as an important part of conquering anger. Techniques such as Gestalt Chairs, letters of apology and forgiving in writing are presented.

Lesson 4

This week covers strategies for reducing hostility around specific issues: road rage, handling criticism, discrimination & Prejudice as well as a method for diffusing frustration.

Lesson 5

Interpersonal skills are covered with techniques for expressing anger and couple skills; Speaker-Listener technique and a problem-solving model are presented. The course is reviewed.