

# Anger Management

# Anger

- Felt emotional state
- Typically follows unwanted aversive interactions with others

# Anger

- Varies in terms of
  - Intensity
  - Duration
  - Frequency
  - Body changes
  - Distortions and deficits

# Anger Disorder

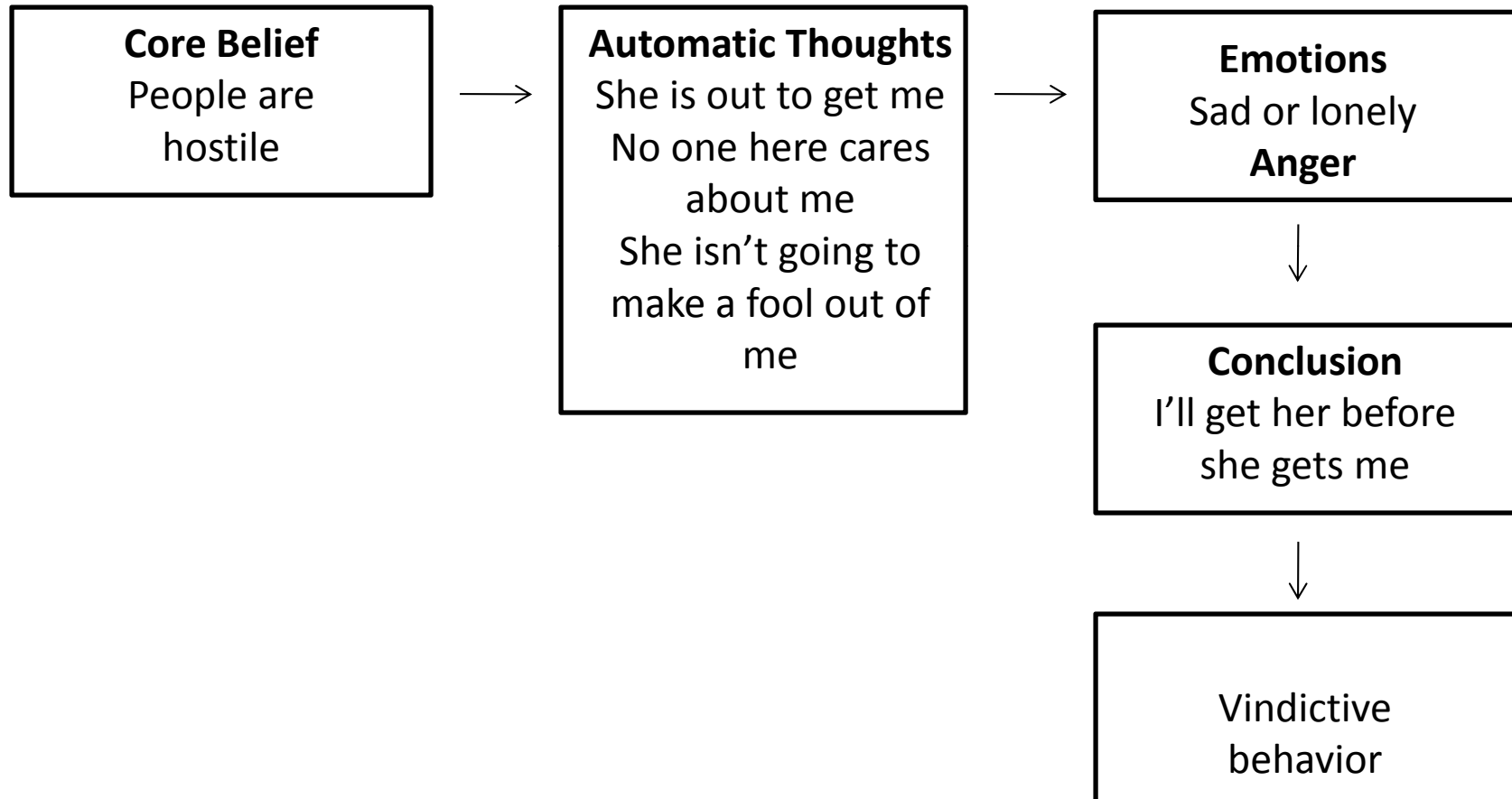
- Anger is experienced more frequently and with greater intensity
- Usually has longer duration
- Individuals tend to ruminate over the incident that was the source of anger
  - Engage in more physical aggression
  - Higher rates of drug use
  - Experience more negative anger-related consequences

# Problematic Anger Outcomes

- Interpersonal relationship problems
- Workplace problems
- Poor decision-making and increased risk-taking
- Substance abuse
- Disruption of motor behavior
- Rumination, fantasies of revenge, and interpersonal-occupational maladjustment

# Problematic Anger Outcomes

- Additional negative feelings
- Aggression
- Medical problems
  - Cholesterol
  - Coronary heart disease
  - Stroke
  - Cancer
  - Pain



# Anger Episode Model

1. Triggers
2. Appraisals
3. Experiences
4. Expressions
5. Outcomes
  - Short term
  - Long term



# Avoidance

- Stimulus Control
  - Planned avoidance
  - Avoidance by time delays
  - Avoidance by seeking an alternative method of responding

# Escape

- Time out
- Planned escape
- Distraction

# Managing Physical Arousal

- Progressive relaxation
- Deep breathing
- Guided imagery
- Mindfulness meditation
- Relaxation tapes
- Music

# Assertiveness

- Direct, honest, appropriate expression of feelings
- Developing emotional vocabulary
- Stating thoughts clearly and directly
- I versus You statements

# Problem-Solving Training

1. Defining the problem
2. Brainstorming possible solutions
3. Evaluating possible solutions
4. Choosing the best solutions
5. Implementing the solution

# Exposure Techniques

- Repeatedly expose individual to specific trigger
- Under controlled conditions
- Prevent usual anger responses and reinforcements
- Bond between trigger and response broken through habituation

# Exposure Techniques

- Imaginal exposure paired with relaxation
  - Imagery scene created around a trigger
  - Scene is paired with relaxation
    - Relaxation
    - Scene
    - Relaxation
  - This process is repeated both in sessions and as homework until increasingly difficult for client to experience anger

# SAMHSA Manuals

- Anger Management with Substance Abuse and Mental Health Clients (therapist manual)
  - <http://www.kap.samhsa.gov/products/manuals/pdfs/anger1.pdf>
- Anger Management with Substance Abuse and Mental Health Clients (client workbook)
  - <http://www.kap.samhsa.gov/products/manuals/pdfs/anger2.pdf>