

Anger Management Group – open to all veterans
Mental Health Clinic, Temple VA Hospital
19Feb2012

Objective

To provide a structured, outcome-driven, time-limited workshop to help participants develop skills needed to manage anger-related problems. To teach participants the skills, tactics, and perspectives needed to understand and effectively manage their anger responses.

Method

Series of 8 small group sessions emphasizing education and skill development. Workshop series is preceded by an individual session with a staff member for the purpose of assessment and orientation, and is followed by a session for outcome assessment and follow-up planning. Workshop structure allows the veteran to enter at any time. The veteran has completed the workshop when all 8 of the group sessions and the two individual discussion have been completed.

Topics

- 1) Understanding Anger
- 2) Problem Clarification and Ownership
- 3) Define Desired Behavior
- 4) Interventions
- 5) Interventions
- 6) Learning/Change Process
- 7) Action planning process
- 8) Planning and Goal-setting

References

The Anger Control Workbook. by McKay and Rogers (2000). New Harbinger Publications.