

ANGER MANAGEMENT TRAINING WORKSHOP

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Anger
Management



COURSE LENGTH: 1.0 DAYS

Anger is a normal, healthy emotion that can quickly become unhealthy and detrimental if not understood and controlled. It's a matter of learning how to either avoid anger entirely, or how to identify and refocus this emotional energy in a positive manner, using it to drive interpersonal change whenever possible.

The 1-day PD Training Anger Management Training Course teaches you how to first identify the root cause of this disruptive emotion, then focuses on teaching you how to manage your anger so that you can use it to achieve positive outcomes. The training course includes skill development in resolving problems, being objective, handling angry people and negotiating and controlling situations so that your anger can be redirected and used productively.

Some students attend this course as required by courts and/or their counsellors, so please check with your local magistrate for approval if this is your intention. We look forward to welcoming you to an Anger Management training course in Brisbane, Sydney, Parramatta, Melbourne, Canberra, Adelaide or Perth.

ANGER MANAGEMENT TRAINING WORKSHOP COURSE OUTLINE

FOREWORD

Anger can be an incredibly damaging force, especially when it is not controlled, that can cost people their jobs and personal relationships. However, since everyone experiences anger, it is important to have approaches to manage it effectively.

In this one-day interactive workshop, you'll be exposed to a number of ideas and proven techniques for identifying common causes of anger, ways to step outside oneself and consider these situations critically, ways to re-purpose the anger and ways to avoid anger entirely.

This **Anger Management** Training program will help teach participants how to identify their "anger triggers", then focus on what to do and what NOT to do when they begin to feel the sensations of anger setting in.

OUTCOMES

In this course participants will:

- ▶ Gain a better understanding of anger
- ▶ Gain insight into the "fight or flight" response that triggers anger
- ▶ Learn about helpful and unhelpful ways of dealing with anger
- ▶ Master strategies for gaining control of anger
- ▶ Discover some productive ways for "blowing off steam"
- ▶ Learn how to improve home and work life by better managing anger

This Anger Management Training Course has been Officially Endorsed by the Australian Counselling Association



MODULES

Lesson 1: Getting Started

- ▶ Pre-Assignment Review
- ▶ Workshop Objectives

Lesson 2: Understanding Anger

- ▶ The cycle of anger
- ▶ Understanding fight or flight
- ▶ Common myths about anger

Lesson 3: Do's and Don'ts

- ▶ Unhelpful ways of dealing with anger
- ▶ Helpful ways of dealing with anger

Lesson 4: Gaining Control

- ▶ A word of warning
- ▶ Using coping thoughts
- ▶ Using relaxation techniques
- ▶ Blowing off some steam

Lesson 5: Separate the People from the Problem

- ▶ Objective vs. subjective language
- ▶ Identifying the problem
- ▶ Using "I" statements

Lesson 6: Working on the Problem

- ▶ Using constructive disagreement
- ▶ Negotiating tips
- ▶ Building consensus
- ▶ Identifying solutions

Lesson 7: Solving the Problem

- ▶ Choosing a solution
- ▶ Making a plan
- ▶ Getting it done

Lesson 8: Personal Plan

- ▶ Understanding hot buttons
- ▶ Identifying your hot buttons
- ▶ A personal anger log

Lesson 9: The Triple A Approach

- ▶ Alter
- ▶ Avoid
- ▶ Accept

Lesson 10: Dealing with Angry People

- ▶ Understanding the energy curve
- ▶ De-Escalation techniques
- ▶ When to back away and what to do next

Lesson 11: Pulling it All Together

- ▶ Process overview
- ▶ Putting it into action

Lesson 12: Wrapping Up

- ▶ Words from the Wise
- ▶ Parking Lot
- ▶ Action Plans and Evaluations

WEB LINKS

- ▶ [View this course online](#)
- ▶ [In-house Training Instant Quote](#)