

Anger Management Group – open to all veterans
Mental Health Clinic, Temple VA Hospital
27Jul2010

Objective

To provide a structured, outcome-driven, time-limited workshop to help veterans develop skills helpful in dealing with anger-related problems. To teach participants skills, tactics, and perspectives to understand and effectively manage their anger response.

Method

Series of 9 small group sessions emphasizing education and skill development. Workshop series is preceded by an individual session with a psychologist 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 9 of the group sessions and the two individual sessions have been completed.

Topics

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

References

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