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Anger Management - A CBT Approach

INTRODUCTION

1. Relating to the types of CBT interventions most often used when treating anger disorders, which type targets deficits in assertiveness and conflict resolution skills?

- A. Relaxation interventions
 - B. Cognitive interventions
 - C. Communication skills interventions
 - D. All of the above
-

2. Although the events or situations that trigger someone's anger may vary depending on their culture or gender, and the cues or warning signs of anger may vary in this regard as well, the overall treatment model still applies and has been found effective with different ethnic groups and with both men and women.

- A. True
 - B. False
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3. Technicians should be aware that the reason behind the recommendation for anger management treatment being delivered in a group setting of 5 to 10 members, is which of the following?

- A. Solid, empirical support exists for group cognitive behavioral interventions.
 - B. Group treatment is efficient and cost-effective.
 - C. Group treatment provides a greater range of possibilities and flexibility in roleplays and behavioral rehearsal activities.
 - D. All of the above
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4. It is recommended that participants be abstinent from drugs and alcohol for at least _____ prior to joining the anger management group.

- A. 1 week
 - B. 2 weeks
 - C. 3 weeks
 - D. 4 weeks
-

5. If a participant has a "slip" with drugs or alcohol during his or her enrollment in the group, he or she is discharged from the group and asked to start the anger management treatment again.

- A. True
 - B. False
-

OVERVIEW OF GROUP ANGER MANAGEMENT TREATMENT

6. Psychiatric technicians should inform group members that the limits to confidentiality require reporting physical or sexual abuse of all of the following, except:

- A. A spouse.
 - B. A child younger than age 18.
 - C. A person older than age 65.
 - D. A dependent adult between 18 and 64 years who has physical or mental limitations that restrict his or her ability to carry out normal activities or to protect his or her rights.
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7. Due to not being able to adequately learn, practice, and apply the concepts and skills that are necessary for effective anger management, members may not miss more than 3 of the 12 sessions to be eligible to receive a certificate of completion.

- A. True
 - B. False
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8. Hostility is:

- A. A behavior.
 - B. An emotion.
 - C. An attitude.
 - D. All of the above
-

9. When does anger become a problem?

- A. When it is felt too intensely.
 - B. When it is felt too frequently.
 - C. When it is expressed inappropriately.
 - D. All of the above
-

10. All of the following are myths about anger, except for:

- A. Anger is inherited.
- B. Anger automatically leads to aggression.
- C. People must be aggressive to get what they want.

D. Venting anger in an aggressive manner reinforces aggressive behavior.

11. Immediate strategies for controlling anger include taking a timeout, deep-breathing exercises, thought stopping, developing an exercise program, and changing irrational beliefs.

- A. True
 - B. False
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12. Experience shows that when technicians offer a supportive comment after a member's introduction to the group, it validates the member's decision to participate, helps them feel that the group will meet their needs, and helps reduce the anxiety associated with the introductions and the first group session in general.

- A. True
 - B. False
-

EVENTS AND CUES

13. Technicians need to pay special attention to helping clients distinguish between the events and their interpretation of these events. Events refer to facts. Interpretations refer to opinions, value judgements, or perceptions of the events.

- A. True
 - B. False
-

14. Of the four categories of cues to anger, clenching one's fists would fall under which category?

- A. Physical
 - B. Behavioral
 - C. Emotional
 - D. Cognitive
-

ANGER CONTROL PLANS

15. The technician should encourage participants to seek support and feedback from people they can trust to support their recovery.

- A. True
 - B. False
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16. It is physically impossible to be both agitated and relaxed at the same time, therefore, if a participant can relax successfully, they can counteract the stress or anger response.

- A. True
 - B. False
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THE AGGRESSION CYCLE

17. From an anger management perspective, an episode of anger can be viewed as consisting of all of the following phases, except:

- A. Triggering event
 - B. Escalation
 - C. Explosion
 - D. Postexplosion
-

18. One of the primary objectives of anger management treatment is to keep from reaching which phase?

- A. Triggering event
 - B. Escalation
 - C. Explosion
 - D. Postexplosion
-

COGNITIVE RESTRUCTURING

19. All of the following are true regarding thought stopping, except for:

- A. Thought stopping provides an immediate and direct strategy for helping people manage the beliefs that cause their anger to escalate.
 - B. Thought stopping consists of identifying irrational beliefs and disputing them with more rational or realistic perspectives.
 - C. During thought stopping, the participant simply tells themselves to stop thinking the thoughts that are making them angry.
 - D. The goal of thought stopping is to stop current patterns of angry thoughts before they lead to an escalation of anger and loss of control.
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ASSERTIVENESS TRAINING AND THE CONFLICT RESOLUTION MODEL

20. One alternative to using aggressive behavior is to act in a passive or nonassertive way. This is desirable because it may help avoid the negative consequences associated with aggression.

- A. True
 - B. False
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