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## *Reinforcing Learned Concepts*

### Session 11

#### Instructions to Group Leaders

In this session, the basic concepts of anger management that were presented are reviewed and summarized. Give special attention to clarifying and reinforcing concepts (i.e., the anger meter, cues to anger, anger control plans, the aggression cycle, cognitive restructuring, and conflict resolution). Provide encouragement and support for efforts to develop anger control plans and to balance cognitive, behavioral, immediate, and preventive strategies.

#### Outline of Session 11

- Instructions to Group Leaders
- Check-In Procedure
- Suggested Remarks
- Homework Assignment

#### Check-In Procedure

Ask group members to report the highest level of anger they reached on the anger meter during the past week. Make sure they reserve 10 for situations where they lost control of their anger and experienced negative consequences. Ask them to describe the anger-provoking event that led to their highest level of anger. Help them identify the cues that occurred in response to the anger-provoking event, and help them classify these cues into the four cue categories. Ask them to report on the ongoing development of their anger control plans.

#### Suggested Remarks

*(Use the following script or put this in your own words.)*

This session involves a second review of the anger management material covered in all the sessions. We will review each concept and clarify any questions that you may have. We encourage discussion during this review, and we will be asking you for your understanding of the anger management concepts.

#### Homework Assignment

Have group members refer to the participant workbook. Ask them to monitor and record their highest level of anger on the anger meter during the coming week. Ask them to identify the event that made them angry, the cues that were associated with the anger-provoking event, and the strategies they used to manage their anger in response to the event. Ask them to update their anger control plans and to be prepared to present them in the final session next week.

# CLOSING AND GRADUATION

## *Closing Exercise and Awarding of Certificates*

### Session 12

#### Outline of Session 12

- Instructions to Group Leaders
- Suggested Remarks

#### Instructions to Group Leaders

In the final session, group members review their anger control plans, rate the treatment components for their usefulness and familiarity, and complete a closing exercise. Review each anger control plan to balance cognitive, behavioral, immediate and preventive strategies. Give corrective feedback if necessary. Congratulate the group members for completing the anger management treatment. Provide each member with a certificate of completion (see sample on the following page).

#### Suggested Remarks

*(Use the following script or put this in your own words.)*

1. What have you learned about anger management?
2. List anger management strategies on your anger control plan. How can you use these strategies to better manage your anger?
3. In what ways can you continue to improve your anger management skills? Are there specific areas that need improvement?



“This course was developed from the public domain document: Anger Management for Substance Abuse and Mental Health Clients: A Cognitive Behavioral Therapy Manual – U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA).”