

Anger Management Program Objectives	
	Our participants are trained to:
1.	Recognize the role of individual responsibility in changing "maladaptive" and self-defeating behavior.
2.	Develop a working understanding of their own anger and stress patterns and responses.
3.	Identify "situational anger" that consistently results in angry responses that can lead to violent behavior.
4.	Eliminate or minimize violent behavior. They learn how and when to use "timeouts" to prevent violent confrontations. In addition, participants learn to incorporate new coping skills to handle anger, stress and other feelings.
5.	Use communication skills and listening techniques effectively and gain a better understanding of how others can be affected by their communication techniques.
6.	Become more aware of their own stress and anger signals and develop the capacity to sense the mood of persons with whom they must interact.