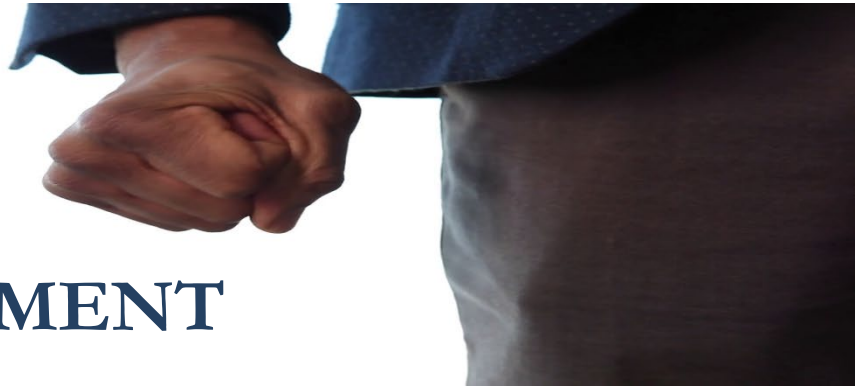


ANGER

MANAGEMENT



DESCRIPTION

Anger Management is a cognitive-behavioral curriculum designed to help individuals better manage their anger. The protocol can be used in a group session or in an individual format. The curriculum and journal are available in English and Spanish and are gender-responsive.

The journal is designed to be used in group or individual treatment by those who have demonstrated a need for learning skills to manage strong emotions such as anger. It provides participants with a summary of core concepts, worksheets for completing between-session challenges, and space to take notes for each of the sessions. The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Anger/Hostility and Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Anger Management** must be delivered by Psychology Services.