



THE UNIVERSITY OF THE WEST INDIES
GLOBAL CAMPUS
Consortium for Social Development and Research
SOCIAL WORK TRAINING AND RESEARCH CENTRE

ANGER MANAGEMENT Workshop



Modality

Online



Duration

6 hours



Certificate

Achievement



Cost



Start Date



Continuing Education Units

0.6 CEU

The one-day Anger Management workshop provides professionals and individuals with actionable strategies to manage and prevent episodes of anger in clients, family and social environments. Conflict resolution and avoidance, as well as emotional control, are key features to be explored in the workshop

Objectives

1. Understand the neurobiology and cycle of anger.
2. Identify anger styles and appropriate approaches to manage each type.
3. Learn and utilise appropriate response techniques to mitigate anger.
4. Treatment planning for continuous development

Entry Requirements

1. There are no academic requirements.
2. Participants should have access to the internet and a computer/tablet/smartphone with the Zoom app downloaded.

Topics

1. Introduction to Anger Management
 - a. Limitations of Therapy
2. Underlying Causes of Anger
 - a. Identify triggers of anger
 - b. Avoidance, shame, fear, guilt, grief
 - c. Cycle of anger
 - d. Styles of Anger(masked, explosive, chronic, passive aggression)
3. Anger Management Strategies
 - a. Identifying emotions
 - b. Cognitive Restructuring
 - c. Communicating Feelings using 'I' statements
 - d. Self-Talk
 - e. Active Listening
 - f. Laugh it Off
 - g. Mindful Responses (Breath work, Muscle relaxation techniques)
 - h. Conflict Resolution strategies
 - i. Create safe spaces

Evaluation & Certification

Participants will receive a Certificate of Achievement upon successful participation in the workshop and earning 50% or higher on the following assessments.

1. Case Study Reflection	40 %
2. Online quiz	60 %

	100 %