

Anger Management/Domestic Abuse Curriculum

12 sessions are required for Anger and 18 sessions for Domestic Abuse

All sessions are 2 hours in length (tentative schedule)

Session 1

Defining Anger -what is behind anger?
Handouts on anger - story of teen & father
Triggers for anger – group member's triggers?
Discussion/questions
1st experience of real anger – 1st recollection of anger in home; Ray's letter

Session 2

Relationship between past and present (part 1)
Discussion/questions

Session 3

Importance of resolving past issues (part 2)
Discussion/questions

Session 4

Stress as a trigger for anger
LCU/Stress Inventory scales
Self-pity (Christopher Reeves & MS story)
Handouts on stress & relaxation exercises
Discussion/questions

Session 5

Dyer tape on anger & discussion
Million Dollar exercise
Assignment of future autobiography (due 2 wks)
Discussion/questions

Session 6

Positive aspects of anger
Discussion/questions

Session 7

Future autobiography discussion
Breaking the Chains game
Discussion/questions

Session 8

Forgiveness
Handouts, discussion/questions

Session 9

Relationships & communication
Handouts on criticism/self-esteem
Discussion/questions

Session 10

Anger in parenting
Dysfunctional communication in relationships
Discussion/questions

Session 11

Family Drinking & modeling behavior
Destruction from drinking (subtle - major) & anger
What would you change in childhood and what would you keep the same? WW I story
Handouts, discussion/questions

Session 12

Alcoholism and anger
Handouts and stories (poem by Nordine)
Discussion/questions

Session 13

Anger turning into hate, rage
Twilight Zone episode
Discussion/questions

Session 14

Types of abuse (part 1)
Discussion/questions

Session 15

Types of abuse (part 2)
Effects of abusive behavior on victims
Handouts, discussion/questions

Session 16

Overflow from previous weeks' topics

Session 17

Long-term effects of anger
Discussion

Session 18

Summary of past topics and discussion
What did you get out of coming here & how will you use it in your life?
Wrap up

***We will be observing the following holidays if they fall on a Saturday: Christmas Eve, Christmas Day, New Years Eve, New Years Day, Independence Day
(Make up sessions held during the week will be an option with the approval of corrections officer)