

How to help clients with their anger- a therapist's toolkit

With Martin Hogg

MartinHogg.co.uk

www.bacp.co.uk



Aims and Objectives

1

1. Increase confidence in working with clients who report anger problems

2

2. Identify the underlying issues that clients have with anger

3

3. Introduce a suite of tools to use with clients

4

4. Use real examples to demonstrate the use of anger management techniques

5

5. Better understand our own relationship with anger

By the end of the PDD, participants will be able to

- 1. Confidently work with clients who have anger management issues**
- 2. Increase knowledge of anger management counselling techniques that can help clients**
- 3. Use practical tools to assist clients**
- 4. Have a better understanding of our relationship with anger**

Session 1

1. Introduction- anger myths and barriers

2. The ETU approach

3. The 3 Prerequisites to successful anger management

4. The Anger Iceberg

5. The Management of 'Anger Environments'

Common Myths About Anger Management

01

Myth 1: Anger is always negative.

Expansion: Discuss how anger can be a healthy, natural response and when it becomes problematic.

02

Myth 2: Suppression of anger is healthy.

Expansion: Explore the psychological and physical consequences of suppressing anger.

03

Myth 3: Anger management means never feeling angry.

Expansion: Clarify that the goal is to manage anger, not eliminate it.

What are the barriers to engaging with Anger Management

01

Barrier 1: Social stigma. *Expansion:* Address how societal views on anger can discourage people from seeking help.

02

Barrier 2: Lack of awareness or denial. *Expansion:* Discuss how individuals might not recognize their need for anger management.

03

Barrier 3: Accessibility issues. *Expansion:* Examine factors like cost, location, and availability of resources.

Why do clients wait so long to access Anger Management?

01

Reason 1: Fear of judgment. *Expansion:* Discuss how fear of being judged or misunderstood can hinder help-seeking.

02

Reason 2: Belief in self-management. *Expansion:* Examine why some individuals believe they can handle their anger without professional help.

03

Reason 3: Negative past experiences. *Expansion:* Address how previous negative experiences with counselling can affect current help-seeking behaviour.

The Citizen Formula

E

T

U

$E - T + U = \underline{\hspace{2cm}}$ and

$\underline{\hspace{2cm}}$

The Citizen Formula. Citizen Formula

Environment

Triggers

Understanding (that people
see things differently)

$E - T + U = \text{LESS ANGER and}$
 LESS OFTEN

Prerequisites

A _____

A _____

A _____

And probably some

M _____

Prerequisites



Awareness



Acknowledgement



Action



And probably some Motivation

What I feel like/ show on the surface



What I really feel like underneath

Anger Iceberg



What could be going on?

Physical reactions

- Sweating
- Getting red in face
- Clench jaw
- Clench fist
- Heart rate increase
- Headache

Thoughts

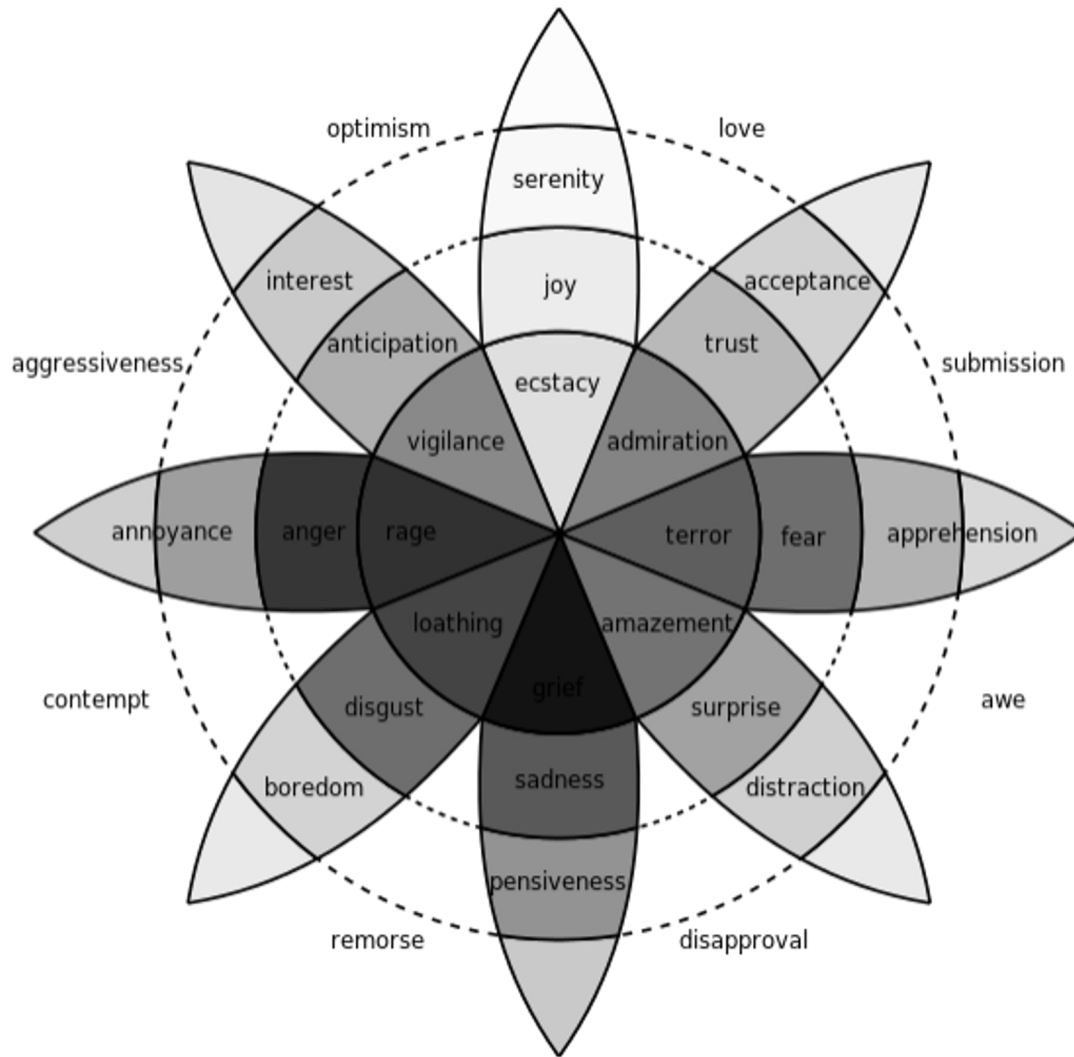
- “No-one understands me”
- “Everything is too much”
- “I can’t do this”
- “I want to be alone”
- “I can’t cope”
- “I don’t feel safe”
- “ I am in danger”

Behaviours

- Swearing
- Shouting
- Withdrawn
- Pulling hair
- Walking away
- Throwing things
- “Answer back”

Moods

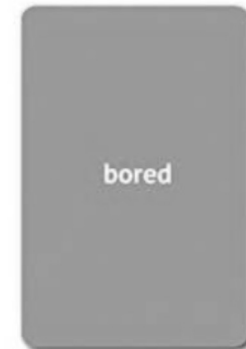
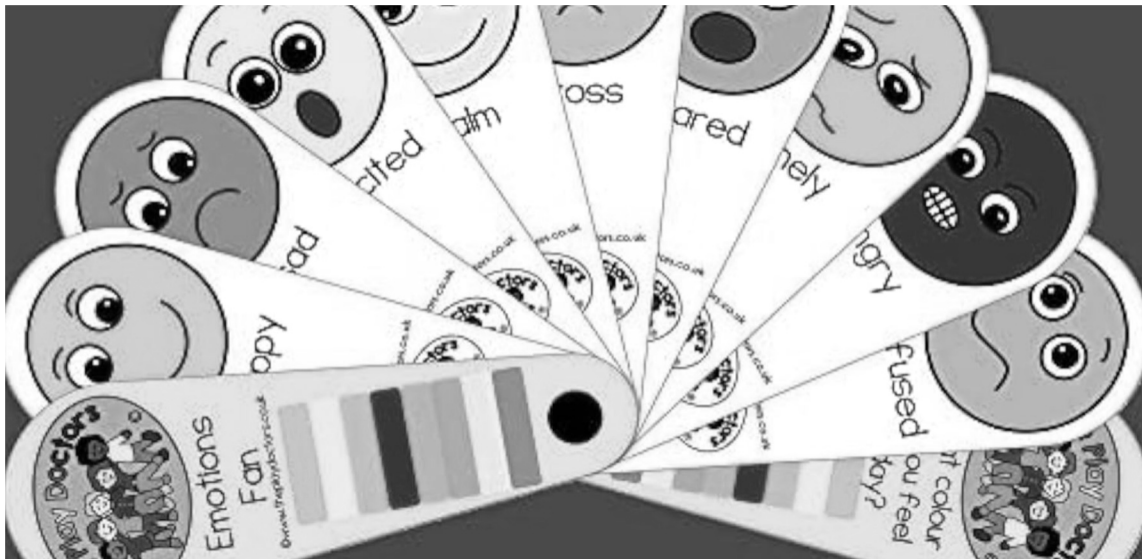
- Hurt
- Confused
- Betrayed
- Misunderstood
- Sad
- Alone
- Irritable



The Wheel of Emotions

Robert Plutchik
1980

Alternative Ideas



What works in anger management



1. Doing something Physical

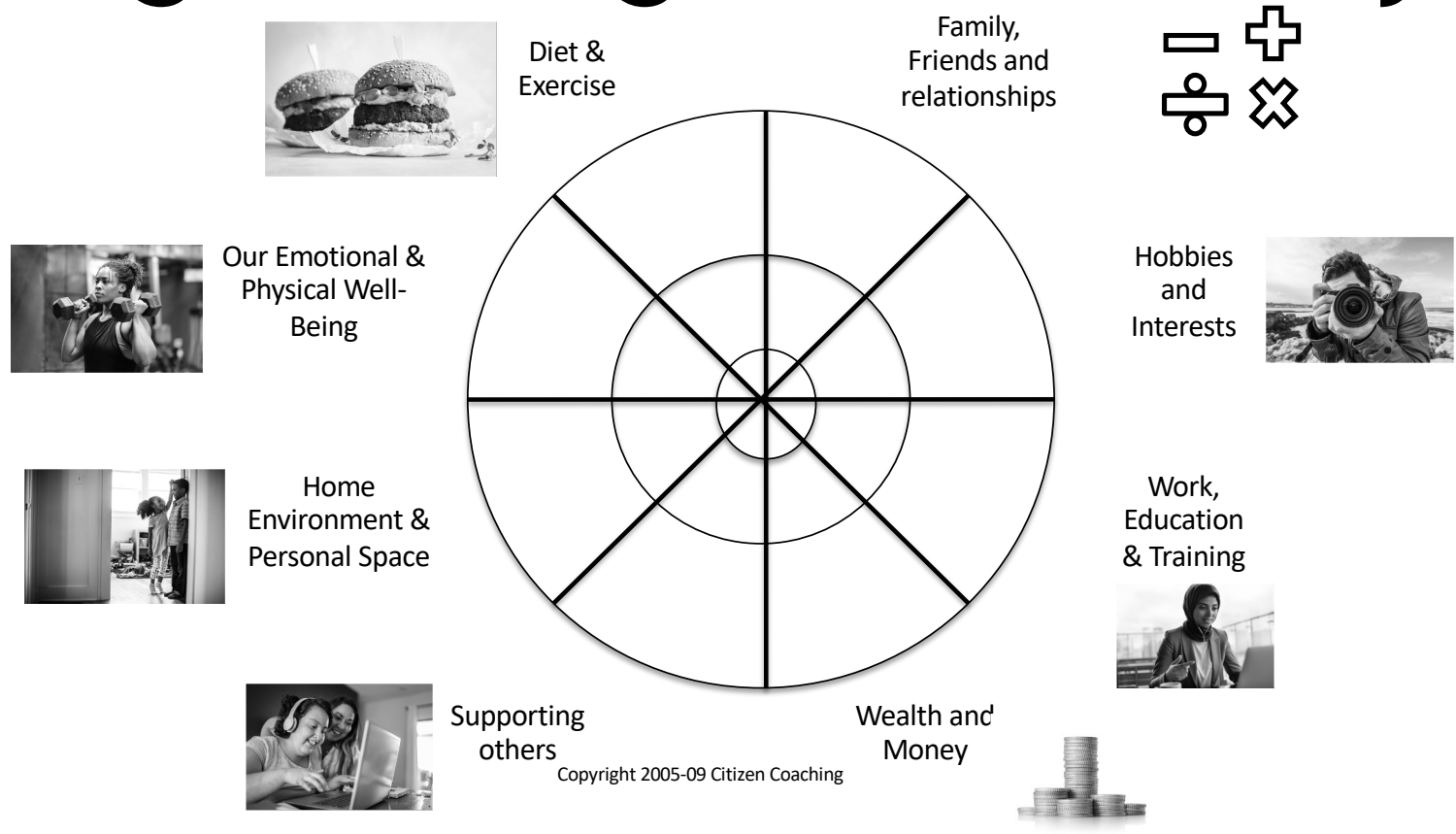


2. Choosing something calming



3. Using Distraction techniques

Anger Management Bullseye



Copyright 2005-09 Citizen Coaching

Session 1 Review

1. Introduction- anger myths and barriers

2. The ETU approach

3. The 3 Prerequisites to successful anger management

4. The Anger Iceberg

5. The Management of 'Anger Environments'

Questions?

Session 2

1. Working with Polarities

2. Anger O Meter

3. What anger management is and what it isn't

4. Discovering our own relationship with anger

Polarities

Hot

Cold

Sweet

Sour

Black

White

Tidy

Untidy

Think Win-
win
Approach-
Stephen
Covey Habit
4

OVER 40 MILLION COPIES SOLD

THE **7** HABITS OF
HIGHLY
EFFECTIVE
PEOPLE

Stephen R. Covey

UPDATED WITH FRESH INSIGHTS BY

SEAN COVEY

NEW YORK TIMES BESTSELLING AUTHOR

FOREWORD BY JIM COLLINS

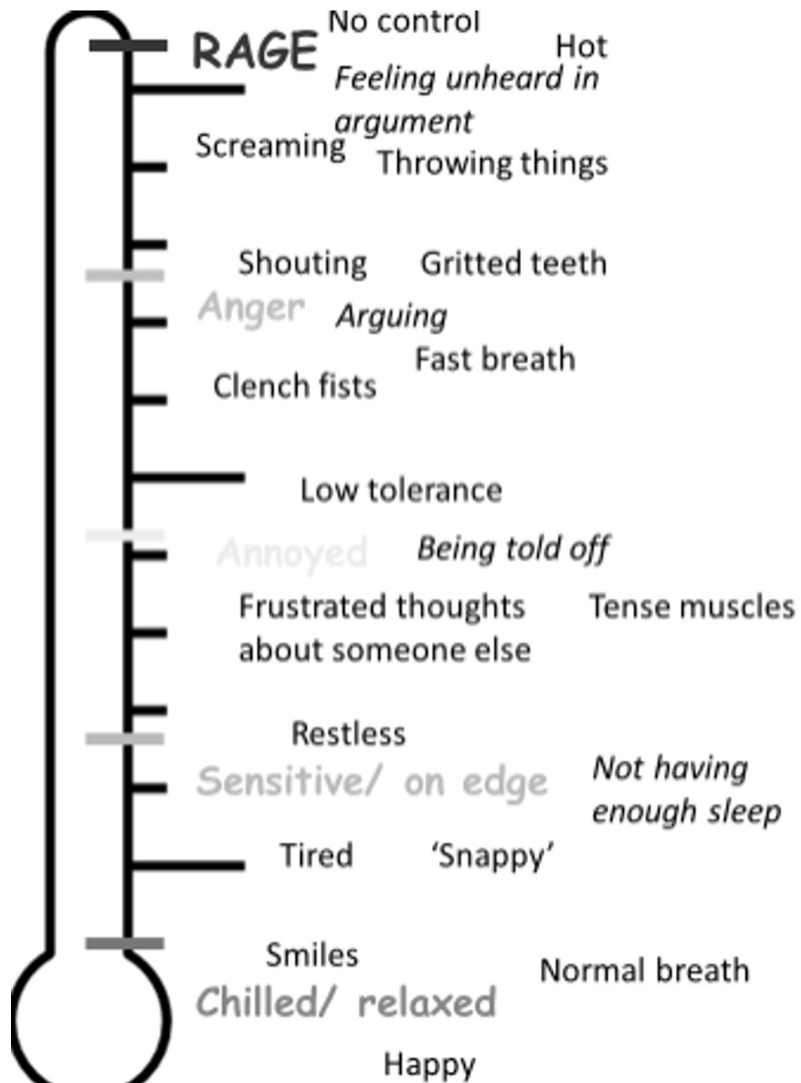
AUTHOR OF *GOOD TO GREAT* AND COAUTHOR OF *BUILT TO LAST*

Feelings thermometer



Anger O'meter

- It is very rare that we go from 0-10 & lose control, even if it sometimes may feel like that.
- Often our anger builds up throughout the day/ week. Until we 'explode' often then this seems like we've had a big reaction to something 'small', when it may have built up without us realising.
- Noticing how our anger can build up over can be really helpful when learning how to manage our anger. Once we begin to notice where we are on our anger o'meter we can begin to use our coping strategies.

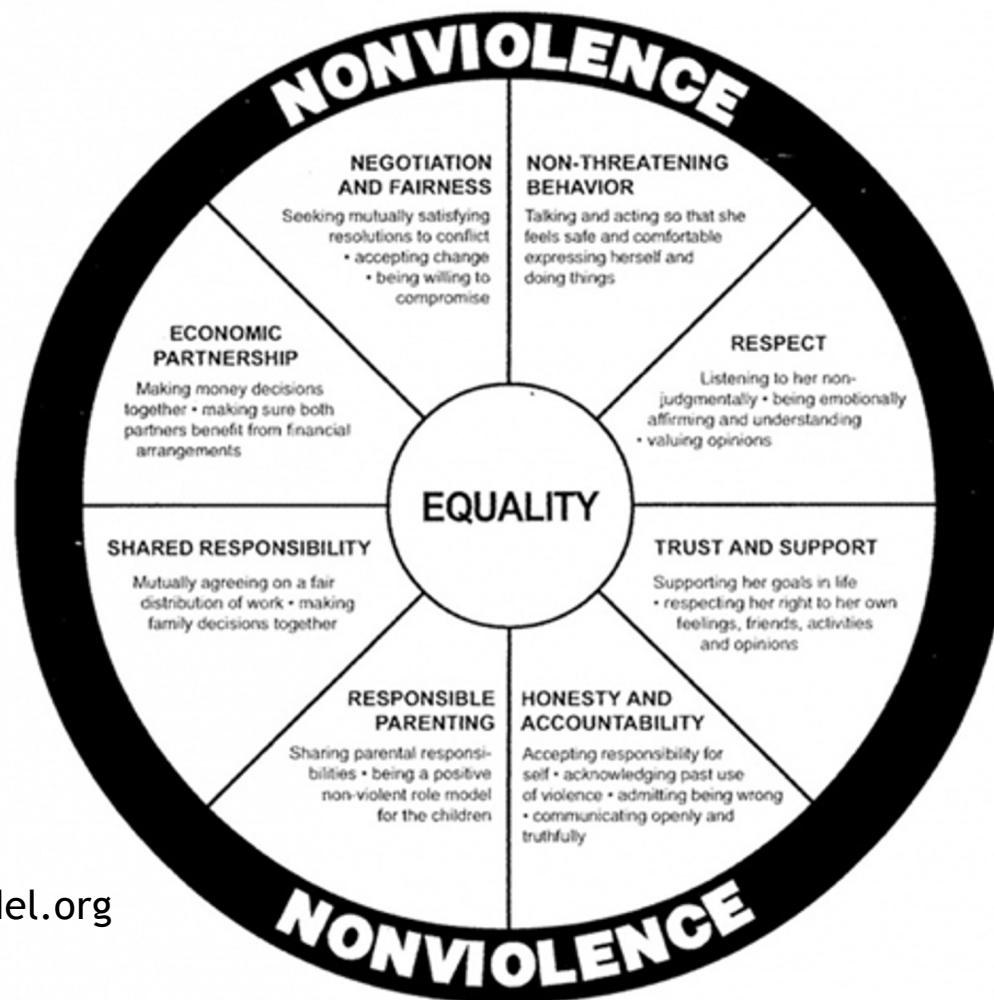


- This exemplifies how our anger may build up throughout the day.
- Noticing the signs of our anger is really important so we can do something before 'we lose control'
- Trying any coping strategies when we get to rage are unlikely to work
- *(I'm sure we've all been told to count to 10 at this point & it has made us even angrier!!)*
- So it is about noticing the signs before; how do I know I am getting angry?!
- Can I notice it in my thoughts, mood, behaviour and body?

Anger Management- What it is and isn't



<https://www.theduluthmodel.org>



<https://www.theduluthmodel.org>

Group Exercise

Tick (T) the degree to which you would feel angry or annoyed in the following situations
(please tick only one anger rating for each situation):

Situation	Very Little	Little	Moderate Amount	Much	Very Much
1. You unpack an appliance you have just bought, plug it in, and discover that it doesn't work					
2. Being overcharged by a repair person who has you over a barrel					
3. Being singled out for a correction, while the actions of others go unnoticed					
4. Getting your car stuck in the mud or sand					
5. You are talking to someone and they don't answer you					

Session 2 Review

1. Working with Polarities

2. Anger O Meter

3. What anger management is and what it isn't

4. Discovering our own relationship with anger

Questions? & Break

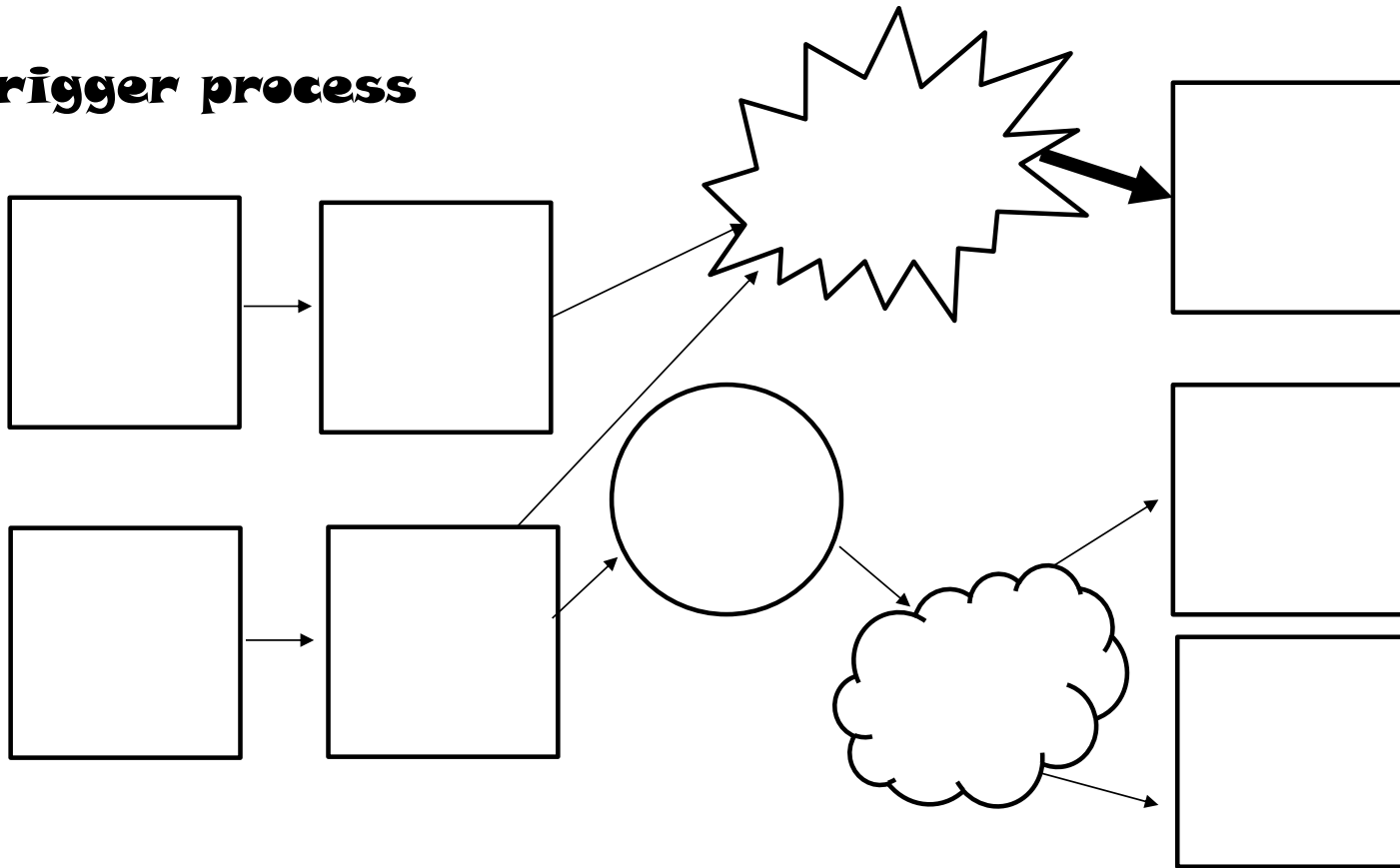
Session Three

1. Anger Management
Trigger Process

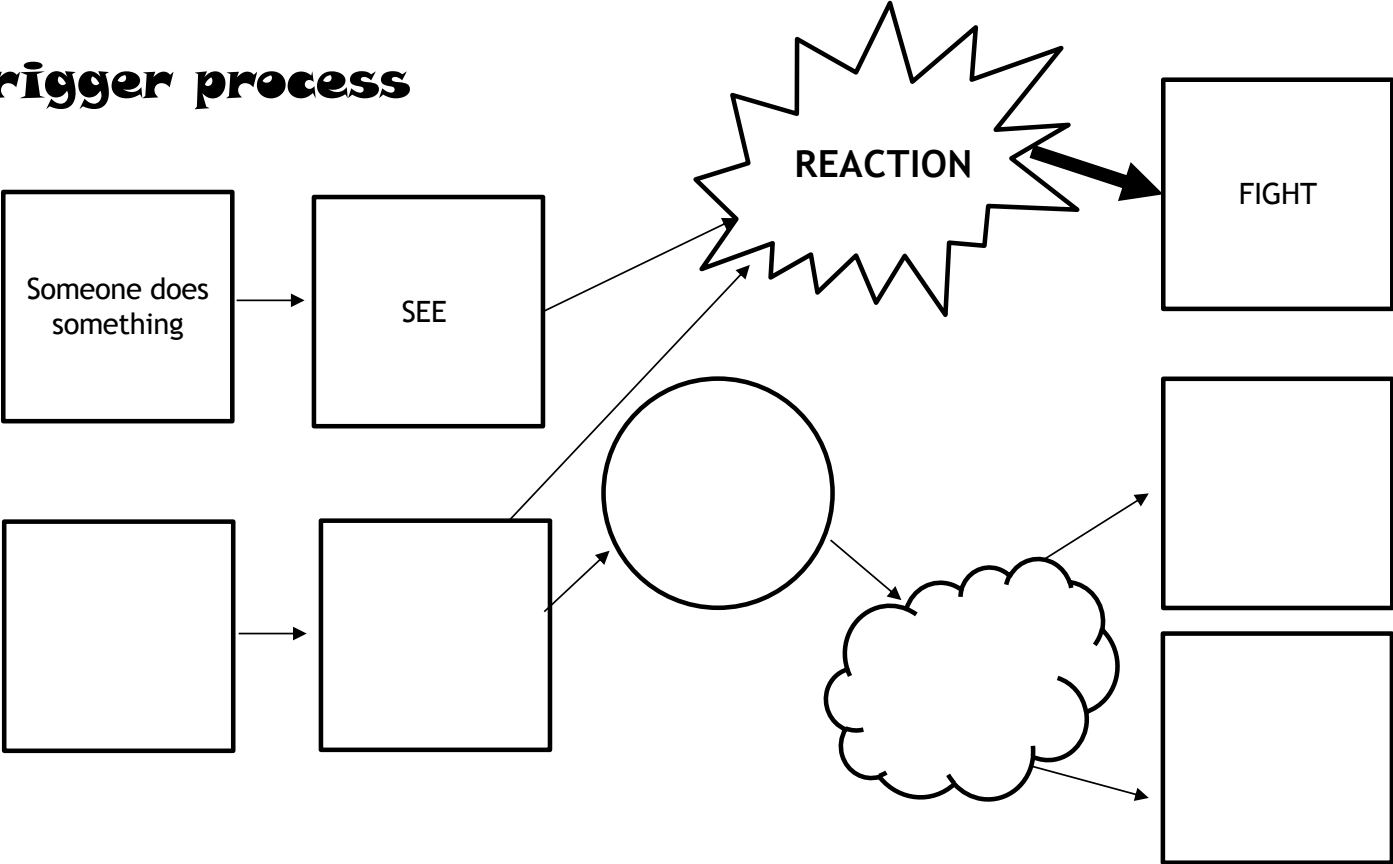
2. Using the Novaco
Questionnaire

3. Anger Management
Physical Responses

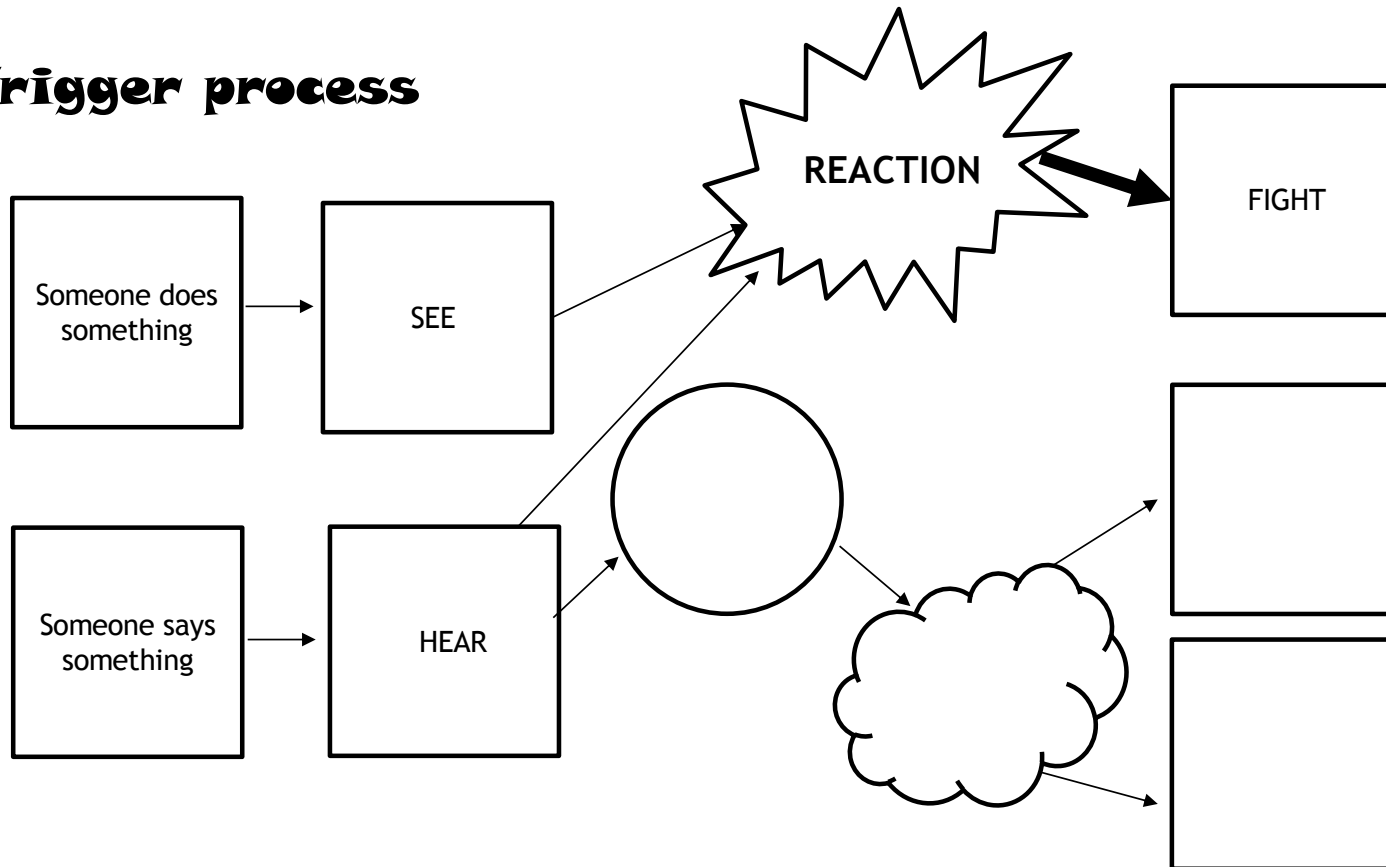
Trigger process



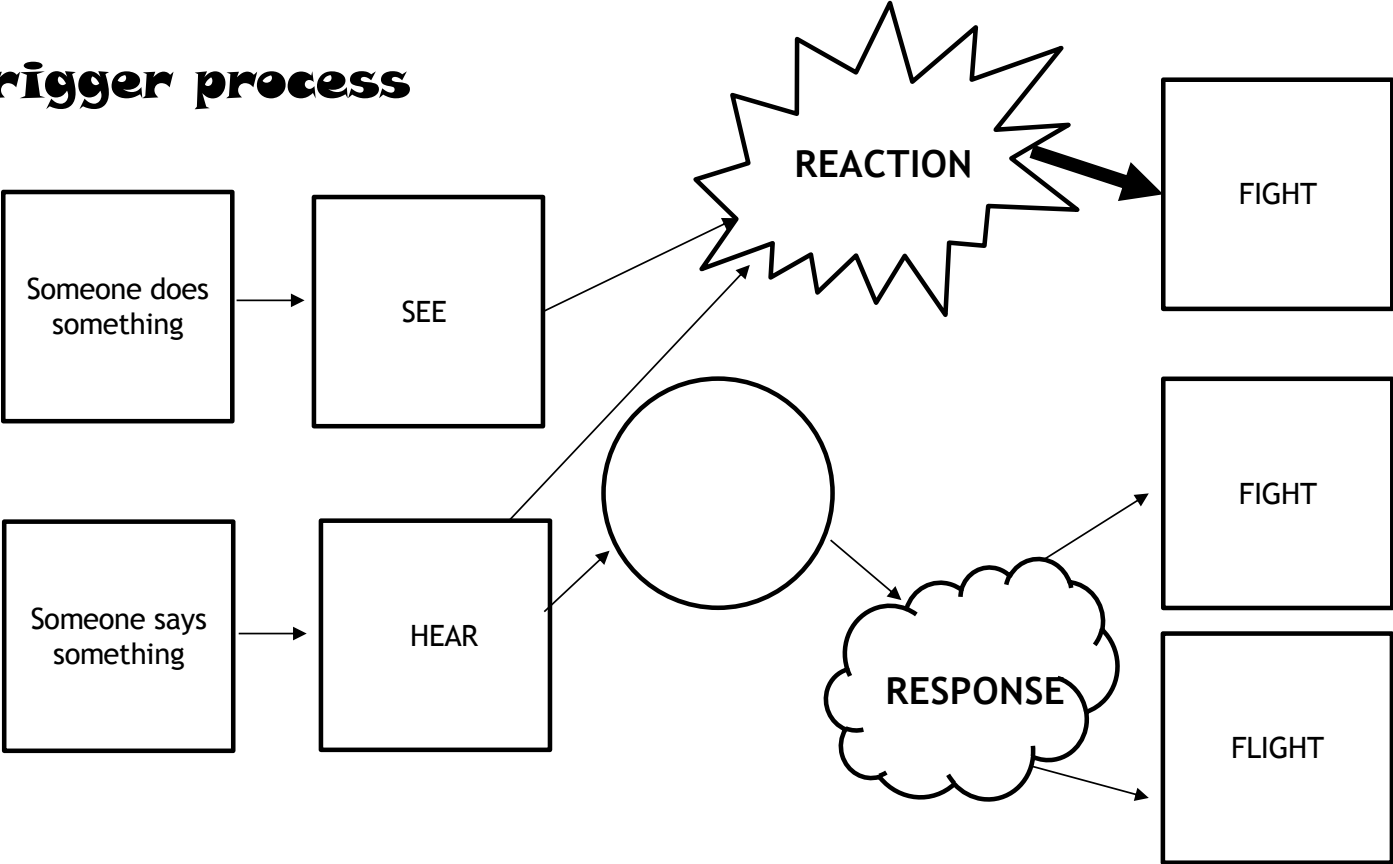
Trigger process



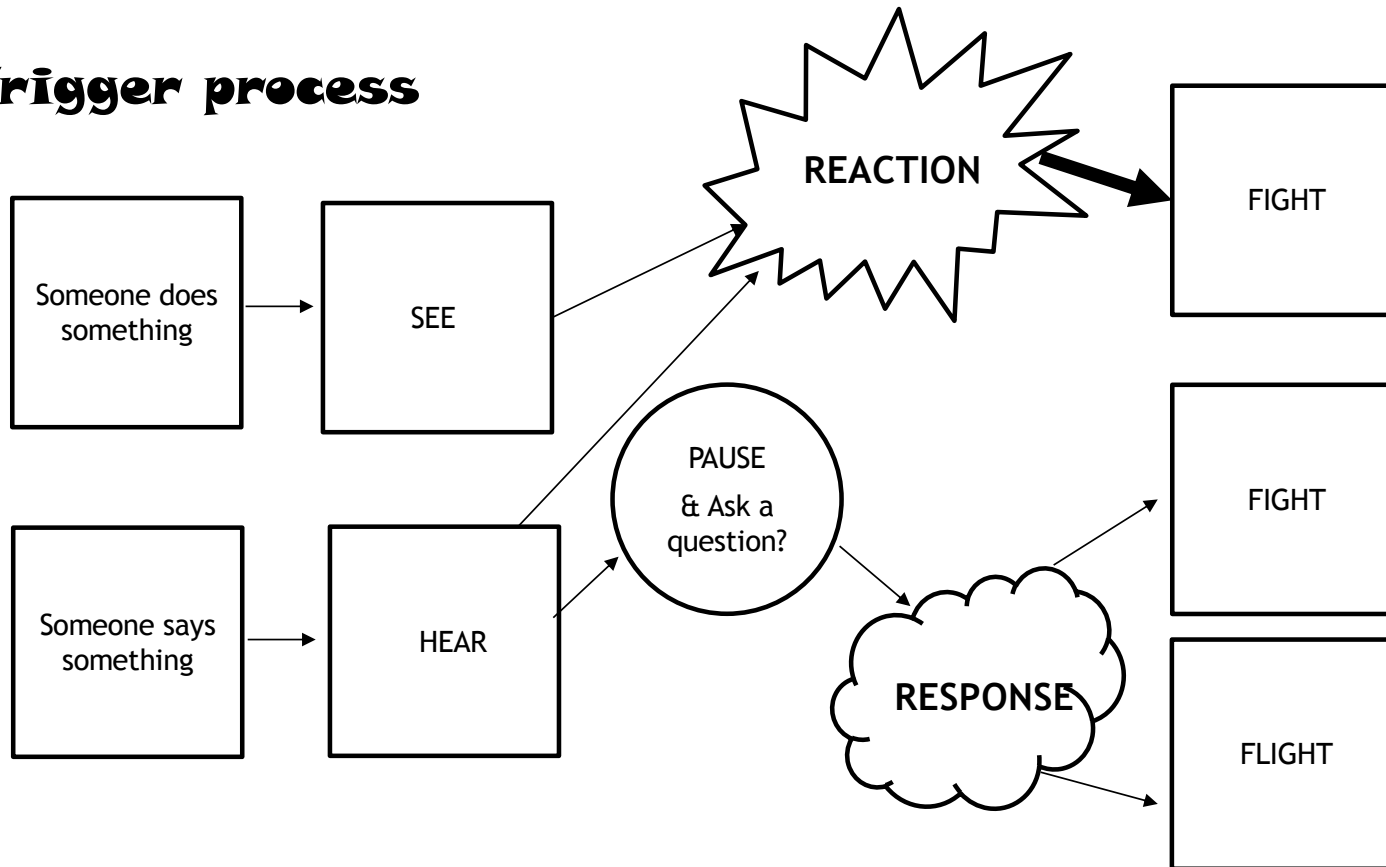
Trigger process



Trigger process



Trigger process



What works in anger management



1. Doing something Physical



2. Choosing something calming



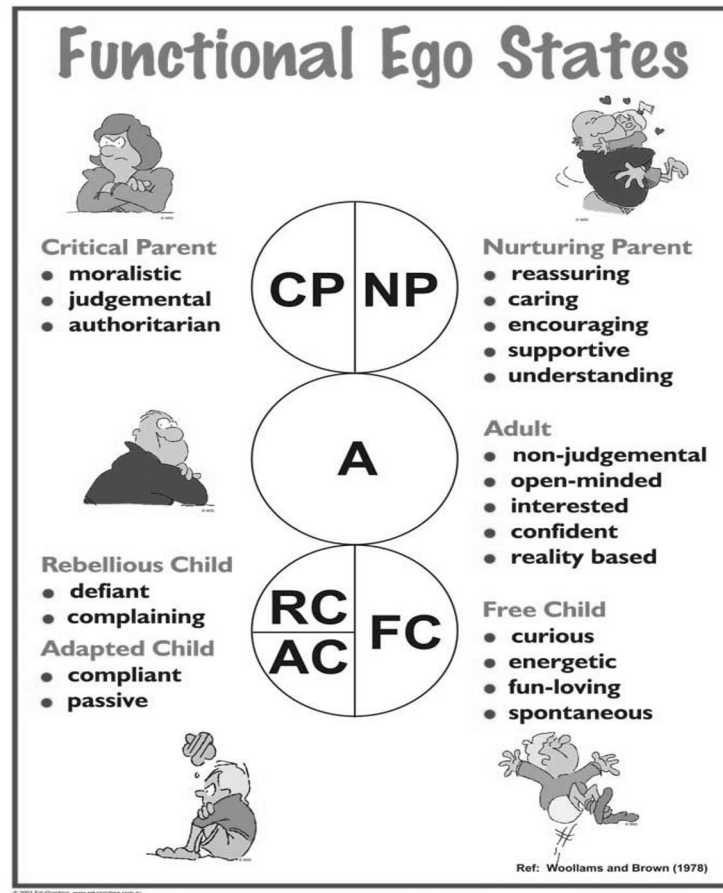
3. Using Distraction techniques

CBT ABCDE Anger Model

A activating event Or adversity	B beliefs about the event	C consequence. Emotional and behaviours	D dispute Challenge the beliefs in B	E effective new beliefs replacing old beliefs
<p>The concrete situation where unwanted responses were triggered.</p> <p>Where am I? What is happening? What is being said? What am I doing in this situation? Could be present, future, or past tense situation.</p>	<p>What images went through my mind? What thoughts went through my mind? What is the worst thing that could happen? If this is true, what does that say about me? Underline the HOT thought of these. That stands out.</p>	<p>What sensations in the body did I get? Which emotions did I experience? Did these thoughts and emotions then lead to behaviours?</p>	<p>Are these thoughts benefiting me right now or causing me pain? Are these thoughts from column B in my control or out of my control? Are the thoughts in column B even true? Do I have evidence for and against? If so, is this evidence strong or weak?</p>	<p>What could be a more realistic thought? What would I tell a friend in the same situation? What thoughts could be more helpful in this situation? How do I feel if I have these thoughts instead of those in column B?</p>

<https://counsellingtutor.com/history-of-cbt-and-abcde-model/>

Transactional Analysis



Transactional Analysis

Transactions - Crossed

The response to the stimulus is unexpected.
Communication breaks down or changes.

"What's for dinner?"

Diagram: A man's stack (P, A, C) sends a stimulus (S) to a woman's stack (P, A, C). The woman's response (R) is from her P position to the man's A position.

"Stop bothering me!"

"Let's have some fun!"

Diagram: A man's stack (P, A, C) sends a stimulus (S) to a woman's stack (P, A, C). The woman's response (R) is from her P position to the man's C position.

"Good morning. How are you?"

Diagram: A man's stack (P, A, C) sends a stimulus (S) to another man's stack (P, A, C). The second man's response (R) is from his C position to the first man's P position.

Ref: Eric Berne (1975)

Novaco Questionnaire

Novaco Anger Inventory (Short Form)

The items on this scale describe situations that are related to anger arousal. For each of the items please rate the degree to which the incident described would anger or provoke you by ticking the appropriate degree of annoyance. Try to imagine the incident actually happening to you, and then indicate the extent to which it would have made you angry. In the actual situations, the degree of anger that you would experience would depend on other factors that are not specified in the items (such as what kind of situation, how the act occurred, etc.). This scale is concerned with your general reactions, and so the details of the particular situations have been omitted. Please do your best to rate your responses in this general fashion.

Tick (T) the degree to which you would feel angry or annoyed in the following situations (please tick only one anger rating for each situation):

Situation	Very Little	Little	Moderate Amount	Much	Very Much
1. You unpack an appliance you have just bought, plug it in, and discover that it doesn't work					
2. Being overcharged by a repair person who has you over a barrel					
3. Being singled out for a correction, while the actions of others go unnoticed					
4. Getting your car stuck in the mud or sand					
5. You are talking to someone and they don't answer you					
6. Someone pretends to be something they are not					
7. While you are struggling to carry four cups of coffee to your table at a cafeteria, someone bumps into you, spilling the coffee					
8. You have hung up your clothes, but someone knocks them to the floor and fails to pick them up					
9. You are hounded by a sales person from the moment you walk into the store					
10. You have made arrangements to go somewhere with a person who backs off at the last minute and leaves you dangling					
11. Being joked about or teased					

Group Exercise

Tick (T) the degree to which you would feel angry or annoyed in the following situations
(please tick only one anger rating for each situation):

Situation	Very Little	Little	Moderate Amount	Much	Very Much
1. You unpack an appliance you have just bought, plug it in, and discover that it doesn't work					
2. Being overcharged by a repair person who has you over a barrel					
3. Being singled out for a correction, while the actions of others go unnoticed					
4. Getting your car stuck in the mud or sand					
5. You are talking to someone and they don't answer you					

What could be going on?

Physical reactions

- Sweating
- Getting red in face
- Clench jaw
- Clench fist
- Heart rate increase
- Headache

Thoughts

- “No-one understands me”
- “Everything is too much”
- “I can’t do this”
- “I want to be alone”
- “I can’t cope”
- “I don’t feel safe”
- “ I am in danger”

Behaviours

- Swearing
- Shouting
- Withdrawn
- Pulling hair
- Walking away
- Throwing things
- “Answer back”

Moods

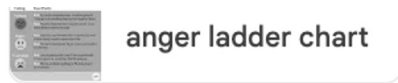
- Hurt
- Confused
- Betrayed
- Misunderstood
- Sad
- Alone
- Irritable



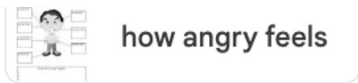
signs



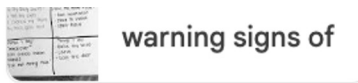
chart



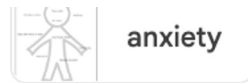
anger ladder chart



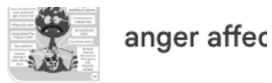
how angry feels



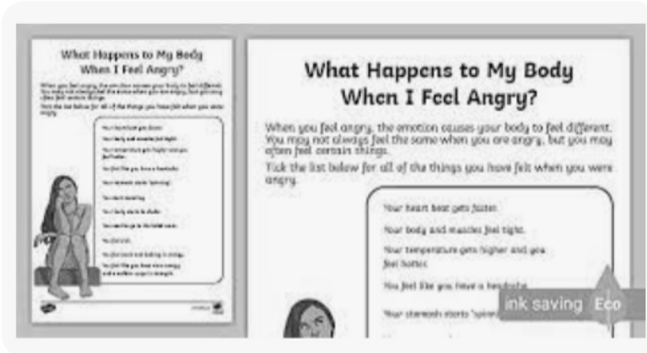
warning signs of



anxiety



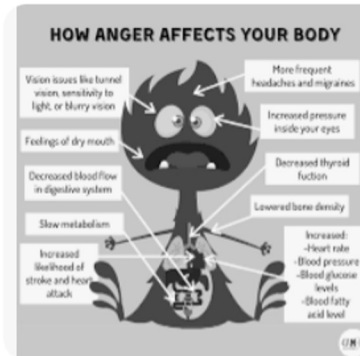
anger affect



Twinkl My Body When I Feel Angry? | Twinkl ...



Mylemarks Anger and My Body (...)



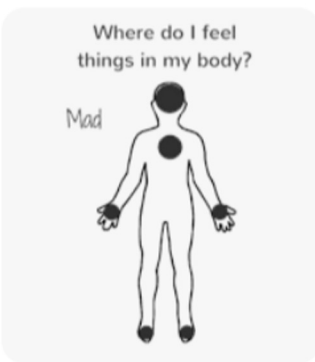
CAMHS Professionals HOW ANGER AFFECTS YO...



Mental Health... In stock Physical Signs of Ang...



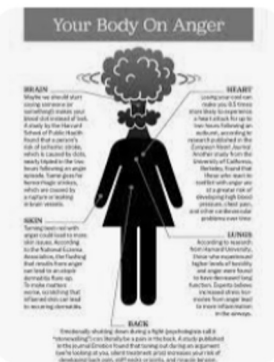
TPT In stock ANGER AND MY BOD...



Coping Skills for Kids Managing Anger - Co...



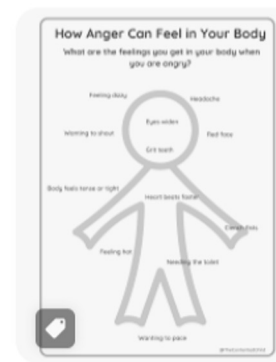
Mylemarks Anger Worksheets f...



Prevention Your Body On Ange...



Tes KS1 SEN or Lower ...



The Conte... In stock ANGER PHYSICAL ...



Etsy In stock Anger Symptoms Body Signals Fill...

Google Search 9/1/24



What works in anger management



1. Doing something
Physical



2. Choosing something
calming



3. Using Distraction
techniques

Session Three Review

1. Anger Management
Trigger Process

2. Using the Novaco
Questionnaire

3. Anger Management
Physical Responses

Questions?

Thank you