

Unit 1 Understanding Anger

Materials on CD-ROM

- ◆ **Overview**
- ◆ **Handout – Understanding Anger**
(background for the presenter, and handout for participants)
- ◆ **Activities Handout**
(a colour version to print and a Word version for editing, if required)
- ◆ **OHTs 1 – 8 in Powerpoint**
(slide show version and a file for editing, if required)

Aims of the Unit

To offer - through activities, presentation and discussion - an introduction to understanding anger and its physiological and psychological components.

Using the unit

The unit has 8 overheads, 3 activities and a 7-page handout. This unit could be covered in a In-Service or PAT session lasting at least 1.5 hours. A suggested use of the materials is outlined below. The handout, which should be given to participants at the end of the session, contains enough information for the facilitator to prepare a brief talk, but if more information is needed *Anger Management – a Practical Guide* (Faupel et al, 1998) is recommended.

- | | | |
|---|---------------------------------------|-----------------------|
| • Activity 1 | What is anger? | (5 – 10 mins) |
| • Understanding anger | OHT 2 | (5 mins) |
| • Activity 2 | What causes real anger? | (20 – 25 mins) |
| • Causes of anger | OHT 3 - 6 | (10 mins) |
| • Activity 3 | What are the effects of anger? | (10 mins) |
| • Effects of inappropriate anger | OHT 7 - 8 | (10 mins) |

Reference

Faupel A, Herrick E and Sharp P (1998) Anger Management: A Practical Guide
London: David Fulton publishers.