

TATRA Corporate and Allied Health Training Services

Presents

STOP THE “ANGER-GO-ROUND”: Practical & Powerful Techniques for Taking Charge of Anger

With

Robert Nay, PhD

OBJECTIVES

- › Distinguish between “Expressive” and “Instrumental” anger expressions to assess prognosis.
- › Describe major mechanisms of neuroplasticity.
- › Assess psychiatric problems that underlie anger and medication options.
- › Design an individualized treatment plan for hostility, aggression/abuse or “hidden/passive” anger.
- › Identify and transform your clients’ unique pattern of anger arousal.
- › Implement the “STOP” model (Nay, 2004) to quickly interrupt, defuse and redirect anger.
- › Identify likely causes of setbacks and implement remedies.

OUTLINE

Introduction and Conceptualization

- A. Anger, Conflict and Abuse: An Important Social and Family Problem-- An Overview
 - 1. Anger and Violence: Important Considerations for the Clinician
 - 2. Rationale for a Cognitive-Behavioral Approach to Breaking the Cycle of Conflict.
- B. Most Common Underlying Assumptions for Anger Treatment (Lawson, 2003)
- C. "Faces" of Anger: From Passive to Active Aggression and Abuse
 - 1. Ladder of Abuse (Nay, 2010)
 - 2. Risk Factors to Estimate Probability of Abuse
- E. Two Types of Aggression: "Expressive" and "Instrumental"--Implications for Treatment
- F. Patterns of Conflict: approach-approach, approach-avoidance and avoidance-avoidance.
- G. Implications for treatment.

Anger Assessment: Methods And Issues

- A. Nay's Multimodal Model of Assessment
- B. Assessment: Strategies and Methodological Issues
 - 1. Paper and Pencil Instruments
 - a. Conflict Tactics Scale
 - b. MMPI, MCMI and actuarial assessments
 - c. Novaco Anger Scale
 - d. Spielberger's State/Trait Anger Scale (STAXI)
 - e. Nay's Self-Assessment of Anger Questionnaire (SAQ)
 - f. Relationship Assessment Protocol (RAP)
 - g. Hare Psychopathy Checklist-2
 - 2. Behavioural Observations: direct and analogues
 - 3. Self-Monitoring Strategies: Rationale and Methods
 - a. Anger Profiles
 - b. Anger Incident Logs

Anger In Medical And Psychiatric Disorders

- A. Role of Anger/Sympathetic Arousal in Disease
- B. Medical Problems Exacerbated by Unresolved Anger
 - 1. Cardiovascular Illness
 - 2. Diabetes
 - 3. Chronic Back Pain/Trigger Point Disorders
 - 4. Musculoskeletal and Vascular Headache
 - 5. Other Chronic Illnesses
- C. Psychiatric Disorders
 - 1. Attention Deficit/Hyperactivity Disorder (ADHD)
 - 2. Mood Disorders: Major Depression and Bipolar Disorder
 - 3. Anxiety Disorders: Role of Arousal in Disinhibition
 - 4. Thought Disorders
 - 5. Alcoholism and Substance Abuse
 - 6. Personality Disorders
 - 7. Seizure and Neurological Injuries
 - 8. Oppositional and Defiant Disorder (ODD)
 - 9. Conduct Disorder (CD)
- D. Referral for Medical/Psychiatric Evaluation
 - 1. Medicines Useful in Anger Treatment
- E. Anger and Aggression Directed at Health Professionals: Strategies and Guidelines for Safety
- F. Referral for Anger Treatment: Issues and Strategies

Focus of Treatment

- A. Rationale for Individual, Conjoint or Group Intervention
- B. Ethical and Professional Issues
 - 1. Who to Treat
 - 2. Multiple Therapists
 - 3. Modality of Intervention
- C. Treatment Contracts—Coping with Resistance

Anger Arousal Management

- A. Understanding and Recognizing Anger
 - 1. Three Phases of an Anger Episode
- B. Identifying and Preparing for Anger Triggers
 - 1. Three Categories of Expectations
- C. Pinpointing Anger Early On
 - 1. The Physiology of Arousal
 - 2. Anger Scaling
 - 2. Dampening: Signal Breathing and other Strategies
- D. Identifying and Changing Thoughts that Fuel Anger
 - 1. Cognitive Distortions Related to Anger Arousal
 - 2. The Three Criteria to Challenge Self-talk
 - 3. The Cognitive Restructuring Protocol (CRP)
 - 4. The "STOP" Model: An Integration
 - 5. Special Issues When Working With Adolescent

Setting And Reinforcing Boundaries/ Coping With Provocation (Nay's "A--E" Model: Nay, 2010)

- A. Personal Assessment
 - 1. Relationship Assessment Protocol (RAP, Nay, 2010)
 - 2. Daily Log
 - 3. Assessing Expressions of Anger
 - a. sarcasm
 - b. contempt
 - c. negative labeling
 - 4. Inappropriate Reactions to Partner/Child Anger Expression
- B. Boundaries: Defining and Construction of
 - 1. When Important Needs are Blocked--the Basis for Boundaries: Couples and Parents
 - 2. Rules for Creating Boundaries That Are Behaviorally Specific

C. Creating Cognitions That Support New Boundaries

1. Unhelpful Beliefs and Cognitive Distortions that Fuel Inappropriate Reactions to Partner Anger
2. Challenging/replacing cognitions

D. Denial of Rewards

1. Identifying Unwitting Rewards for Other's Anger Behaviors

Conflict Resolution/Collaborative Communication

A. Preparation to Communicate: Using Sherrod Miller's "Awareness Wheel"

B. Expressing Boundaries

1. Active Listening
2. "I" Message Communication of Needs

C. Ten Powerful Defusing Conflict Strategies

D. Assertive Problem Solving to Reduce Conflict

E. Collaborative Problem-solving to Reduce Conflict: Illustrations for Couples and Unique Issues with Adolescents

F. Staying the Course

G. Coping With Expected Setbacks

1. Not Enough Practice
2. The "Five Ss"
3. Reassessing Expectations
4. Unresolved Resentment: Defining Rational Conditions of Resolution