

# 50 WAYS FOR ANGER MANAGEMENT



## Training Content

The Objectives of this training is to make you aware of:

- ✓ Anger: what's really behind it: triggers and signs
- ✓ How the brain works
- ✓ Cognitive distortions
- ✓ The cycle of acceptance
- ✓ When is anger a problem and how it affects general health
- ✓ The Johari Model
- ✓ Assertive management & setting realistic boundaries
- ✓ Problem solving techniques
- ✓ Using clean language
- ✓ Fitting in the transactional analysis mode
- ✓ Acknowledging psychological contracts
- ✓ Breathing and deep relaxation techniques
- ✓ Cognitive restructuring techniques
- ✓ The rational emotive theory
- ✓ Emotional freedom techniques
- ✓ Integrated Personal Development
- ✓ Humor and energy psychology
- ✓ When is it healthy to be angry
- ✓ Fisher's process of personal change.
- ✓ Self-Help Scripts for anger management;

Also included :  
Instructor's Guide  
with 5 Training  
Activities

& 3 Narrative Scripts/  
Readings for the Trainer  
Plus Learner's Booklet

## TRAINER'S BOX

[www.trainersbox.net](http://www.trainersbox.net)

For General & Technical Questions email us at:

[helpdesk@trainersbox.net](mailto:helpdesk@trainersbox.net)

