

Forward Path Program-Anger Management Course

Instructor <i>Monica Harrington</i> CAMS (Certified Anger Management Specialist)	Contact fwdpathprograms@gmail.net (904) 517-0705	Office Location The Venue 4U 2777 University Blvd W. Ste. 3
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Attendance

You must attend all eight sessions to receive a certificate. If you arrive more than 10 minutes late or leave more than 10 minutes early, you will be marked as absent. Please speak with the instructor about make-up options.

Conduct Expectations

- Treat others with respect
- Do not use threats or intimidation.
- Take part in discussions in an appropriate way.
- Keep all conversations confidential.
- **No cell phones**

What is Anger Management?

Anger is a normal emotional and physical response that can range from mild annoyance to strong rage. It often comes with changes in your body, such as a faster heartbeat and feeling tense. Anger management means learning to notice your anger, express it in a healthy and honest way, and respond in a positive, productive manner.

Expectations and goals

In this course, we will focus on the specific situations that lead to anger, how anger affects behavior, and what is happening in the present moment. Learning to manage anger in a healthy way can help you build better communication skills, strengthen relationships, improve your physical and mental health, boost self-esteem, and feel more in control. Pay attention, participate, fill out the logs and bring them to every class.

Required materials

Bring your ID, folder, and anger log to every class.

Course schedule

Week	Topic
Week 1	Understanding the Anger Emotion
Week 2	Triggers and Warning Signs
Week 3	Thoughts that Fuel Anger
Week 4	Restructuring Responses
Week 5	Stress Management
Week 6	Communication Skills
Week 7	Conflict Resolution
Week 8	Relapse Prevention