## Anger Management Educational Model - Psychology

(5-2)

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## Introduction Background

Emotions play a key role in human survival (LaVelle, Bore, Aslinia & Morriss, 2013). However, the reactions may cause harm. Anger is a sentiment that ranges from mild infuriation to intense frenzy. Generally, the state has both positive and negative effects on an individual (LaVelle et al., 2013).

## Understanding Anger

Anger is one of the most basic human sentiments (Reilly, Shopshire, Durazzo & Campbell, 2002). It is associated with three reaction states. The states include fight, flight, and freeze. It keeps the human body and mind stimulated and ready to react. The reason behind the stimulation and reaction is because it triggers the sympathetic nervous system.

When angry, various body processes are altered. Individual experiences increased heart rate, blood pressure, and breathing. The changes compel a person to work hard both mentally and physically so as to respond to the issue causing the anger (Schinnerer, 2010).

When angry, people have three choices (Rempel, 2012). They can either be aggressive, passive-aggressive, or assertive. An aggressive reaction results when anger is expressed openly. The primary aim of the reaction is to hurt the other person. The reaction involves threats, verbal insults, and physical actions, such as hitting. The cause of anger is blamed on someone else. The individuals feeling dishonored believe they need to react to the violation (Morland et al., 2011).

A passive-aggressive response involves repressing anger (Willner et al., 2013). The individual will keep their feelings to themselves until they blow up. An assertive reaction is experienced when the rage is expressed directly in a non-intimidating manner. The reaction results in no harm. The individual considers the feeling to be tolerable. Such

# **Anger Management Essay Example**

**G** Thomas

#### **Anger Management Essay Example:**

The Hairy Bikie and Other Metacognitive Strategies Jeffrey Baron Levi, 2020-08-07 The book contains practical and innovative strategies to train clients with Traumatic Brain Injury Autism Intellectual Impairment and Behavioural Disorders to compensate for their deficits and to function independently within their environments. The book is a result of 30 years of working directly with clients who are experiencing problems with organization memory learning problem solving and anger management The book is highly recommended for practitioners working with clients with a range of disability in educational community or work settings and is a valuable tool to researchers and tertiary institutions to impart this knowledge to future practitioners The book is highly recommended to be included in a cognitive rehabilitation course for counsellors neuropsychologists rehabilitation consultants and vocational rehabilitation consultants It would be highly relevant for a section in a Special Education course and for school psychologists special education and mainstream teachers working with children with learning and behavioural disorders Montaigne's Essays Frederic Will, 2023-04-25 Montaigne's essays penetrate the intimate feelings perceptions attitudes anxieties and hopes which make up the texture of daily life With urbanity and irony he makes his way through the fine texture of these formative traits of lived life Tackling each issue as it arises Montaigne probes the spectrum of human experiences and shares his own wisdom with the human kind that will read him The reader of this book which is a blend of Montaigne s observations with those of the author should find in Montaigne a mirror of his or her own experiences and the joy or solace of knowing that they apply precisely to their own world Official Gazette of the United States Patent and Trademark Office, 2007 Boys Do Cry Matt Pinkett, 2023-05-29 Schools are undergoing a mental health crisis and adult statistics surrounding male suicide paint a bleak picture of the future for boys in our schools From bullying and sexism to traditional ideals of masculinity outdated expectations of what it is to be male are causing boys to suffer Research also shows that this is having a negative impact on girls in our schools Clearly the issue of boys mental wellbeing has never been so important Boys Do Cry examines key research on factors impacting boys mental health and arms teachers with a range of practical strategies to start enacting positive change Combining the latest research personal anecdote expert advice and a uniquely engaging writing style Matt Pinkett provides focused evidence based guidance on what those working in schools can do to improve and maintain the mental wellbeing of boys The chapters follow an easy to navigate three part structure detailing personal stories key research and practical solutions to the problems raised With sensitivity Pinkett deals with a diverse range of topics relating to boys mental health including Anger Self harm and suicide LGBTQ masculinity Body image Friendships Pornography This is an essential read for teachers and school leaders who want to ensure they are improving the mental health of boys in their schools challenging toxic behaviours and equipping the current generation of boys to become happy healthy emotionally articulate men Transformative Inclusive Education Rick Freeze, 2023-08-25 Inclusive education is a critical issue at the forefront of educators minds Transformative Inclusive

Education tackles the subject by reimagining current practices in education and renovating teaching strategies This collection demonstrates that inclusion is an educational reform movement that can only succeed if educational institutions and practitioners rethink the meaning substance and purpose of education and adopt the new missions patterns of decision making understandings of teaching and learning pedagogies collaborative roles and classroom practices that flow directly from the inclusive reform movement Featuring contributions from a diverse array of scholars practitioners and people with disabilities this text weaves together the historical legal theoretical and pedagogical currents that underpin the implementation of inclusive education and speaks to current research in the field From there it moves forward with a practical trajectory and guide for enacting lasting effective change in schools to create an inclusive environment for all students The authors integrate concepts such as RTI UDL MTSS and SEL and address issues such as collaborative decision making positive approaches to behaviour academic scaffolding and inclusive technologies and teaching practices They also look beyond schools extending inclusive education to families and communities and integrating self advocacy in practice Including case studies realistic examples and activities for further learning and reflection this volume is a vital resource for undergraduate and graduate students in education FEATURES Provides a framework to redesign teaching practice and enact positive lasting change for truly inclusive schools Connects theory to larger pedagogical constructs such as experiential learning social construction of knowledge student engagement and authentic learning Contains resources for further reading and activity boxes with essential takeaways for student review The Corsini Encyclopedia of Psychology, Volume 1 Irving B. Weiner, W. Edward Craighead, 2010-01-19 Psychologists researchers teachers and students need complete and comprehensive information in the fields of psychology and behavioral science The Corsini Encyclopedia of Psychology Volume One has been the reference of choice for almost three decades This indispensable resource is updated and expanded to include much new material It uniquely and effectively blends psychology and behavioral science The Fourth Edition features over 1 200 entries complete coverage of DSM disorders and a bibliography of over 10 000 citations Readers will benefit from up to date and authoritative coverage of every major area of psychology Anger Control Raymond W. Edexcel Psychology for A Level Year 2: Student Book Cara Flanagan, Julia Russell, Mandy Wood, Matt Novaco, 1975 Jarvis, Rob Liddle, 2022-11-25 Written by leading psychology authors Cara Flanagan Matt Jarvis Rob Liddle Julia Russell and Mandy Wood this book s engaging visual style and tone will support you through every step of your A Level Year 2 course and help you thoroughly prepare for assessment Endorsed by Edexcel offering high quality support you can trust Designed to motivate students of all ability levels with a stunning visual style to help you engage with the information Each topic is presented on one spread to help you instantly see the whole picture with description and evaluation clearly separated Apply it activities provide plentiful opportunities to help you develop and practise your application and research methods skills Numerous links are made between topic content and Individual Differences and Developmental Psychology Evaluation points

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