

Anger Management Educational Model - Psychology

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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

Arlene Kanter, Beth Ferri



Anger Management Essay Example:

The Hairy Biekie 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

Anger Management Madhur Gupta, 2008-11 Excessive anger destroys relationships careers health and inner peace it saps the joy of living leaves you feeling ashamed and foolish and turns everyday s challenges into explosive battlegrounds Anger Management book reduces levels of anger especially in provocative situations People will learn effective coping behaviors to stop escalation and to resolve conflicts Graduated homework assignments allow participants to apply their newly acquired skills Participants to apply their newly acquired skills This book has been designed with following features Designed especially for Kids and Teens Learn important life skills for career and relationships Learn how to halt escalation in angry situations Learn how to identify and deal with trigger thoughts Learn the real reasons underneath the angry feelings and monitor angry feelings using the Anger Log

Malicious Objects, Anger Management, and the Question of Modern Literature Jörg Kreienbrock, 2013 Why do humans get angry with objects Why is it that a malfunctioning computer a broken tool or a fallen glass causes an outbreak of fury How is it possible to speak of an inanimate object s recalcitrance obstinacy or even malice When things assume a will of their own and seem to act out against human desires and wishes rather than disappear into automatic unconscious functionality the breakdown is experienced not as something neutral but affectively as rage or as outbursts of laughter Such emotions are always psychosocial public rhetorically performed and therefore irreducible to a private feeling By investigating the minutest details of life among dysfunctional household items through the discourses of philosophy and science as well as in literary works by Laurence Sterne Jean Paul Friedrich Theodor Vischer and Heimito von Doderer Kreienbrock reconsiders the modern bourgeois poetics that render things the way we know and suffer them

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

Righting Educational Wrongs Arlene Kanter,Beth Ferri,2013-12-24 Righting Educational Wrongs brings together the work of scholars from the fields of disability studies in education and law to examine contemporary struggles around inclusion and access to education Specifically contributors examine policies and practices as they contribute to or undermine educational access for individuals with disabilities Kanter and Ferri expand our understanding about the potential of legal studies to inform work around disability studies in education and vice versa Contributors explore the intersections between disability studies law and education forging a theoretical framework for thinking about educational access Several essays take a critical look at some of the histories of exclusion in education and the ways that these exclusions have been upheld by a variety of educational policies and practices Other essays reflect on how students with disabilities and their families experience the Individuals with Disabilities in Education Act By bridging various disciplines Righting Educational Wrongs offers new insights to allow us to better understand the multiple perspectives and voices within the field of disability studies

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Official Gazette of the United States Patent and Trademark Office ,2007 **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

Behavior and Cognitive Therapy Today: Essays in

Honor of Hans J. Eysenck E. Sanavio, 1998-12-24 This book carries the Proceedings of the European Association for Behavioural and Cognitive Therapy conference held in Venice in September 1997 and is dedicated to the memory of Hans Eysenck The EACBT conference provides a rare opportunity for a wide range of clinicians and researchers from all over Europe and the USSR to come together resulting in a highly topical and valuable range of scientific presentations The Proceedings comprises over twenty papers addressing key subjects in terms of behavioural and cognitive therapy including panic affective disorders paraphilia schizophrenia PTSD obsession and other psychological disorders Of particular interest are chapters on the use of cognitive behaviour therapy versus supportive therapy in social phobia Cottraux the psychological treatment of paraphilias De Silva the theory and treatment of PTSD Foa the use of Diagnostic Profiling System in treatment planning Freeman and a cognitive theory of obsession Rachman

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