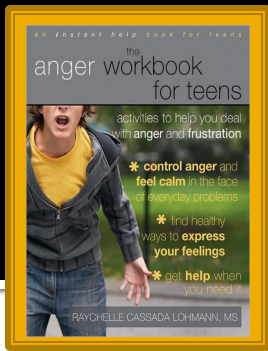


# ANGER MANAGEMENT



**RAYCHELLE CASSADA LOHMANN, MS, LPC**



# Introduction

***Raychelle Cassada Lohmann, MS, LPC, is the author of The Anger Workbook for Teens which is on Amazon's Top 10 Teen Bestsellers in Mental Health for Teens. She is a Blogger for Psychology Today, the title of her Blog is Teen Angst. Her second book, Short Fuse is set to be released this coming year and is a comprehensive anger management curriculum for counseling professionals working with troubled youth. Raychelle has done extensive research on anger and specializes in individual and group counseling for anger management. She received her undergraduate degree in psychology with a concentration in family counseling and a master's of science degree in counselor education from NC State University in Raleigh, North Carolina. Raychelle has worked as a school counselor at the middle school and high school levels, and has helped hundreds of teens deal with feelings of frustration and anger. Currently, Raychelle is a High School Counselor at Hilton Head High School in South Carolina.***

**Mission Statement:  
To Help People  
Transform Their Lives  
From the Inside/Out.**

# Agenda

- ❑ The Cycle of Anger Management
- ❑ Step One - Exploring
- ❑ Step Two – Understanding
- ❑ Step Three - Communicating
- ❑ Step Four – Expressing
- ❑ Step Five – Thinking
- ❑ Step Six - Controlling
- ❑ Step Seven - Transforming
- ❑ “The Anger Workbook for Teens”
- ❑ Wrap Up and Evaluations

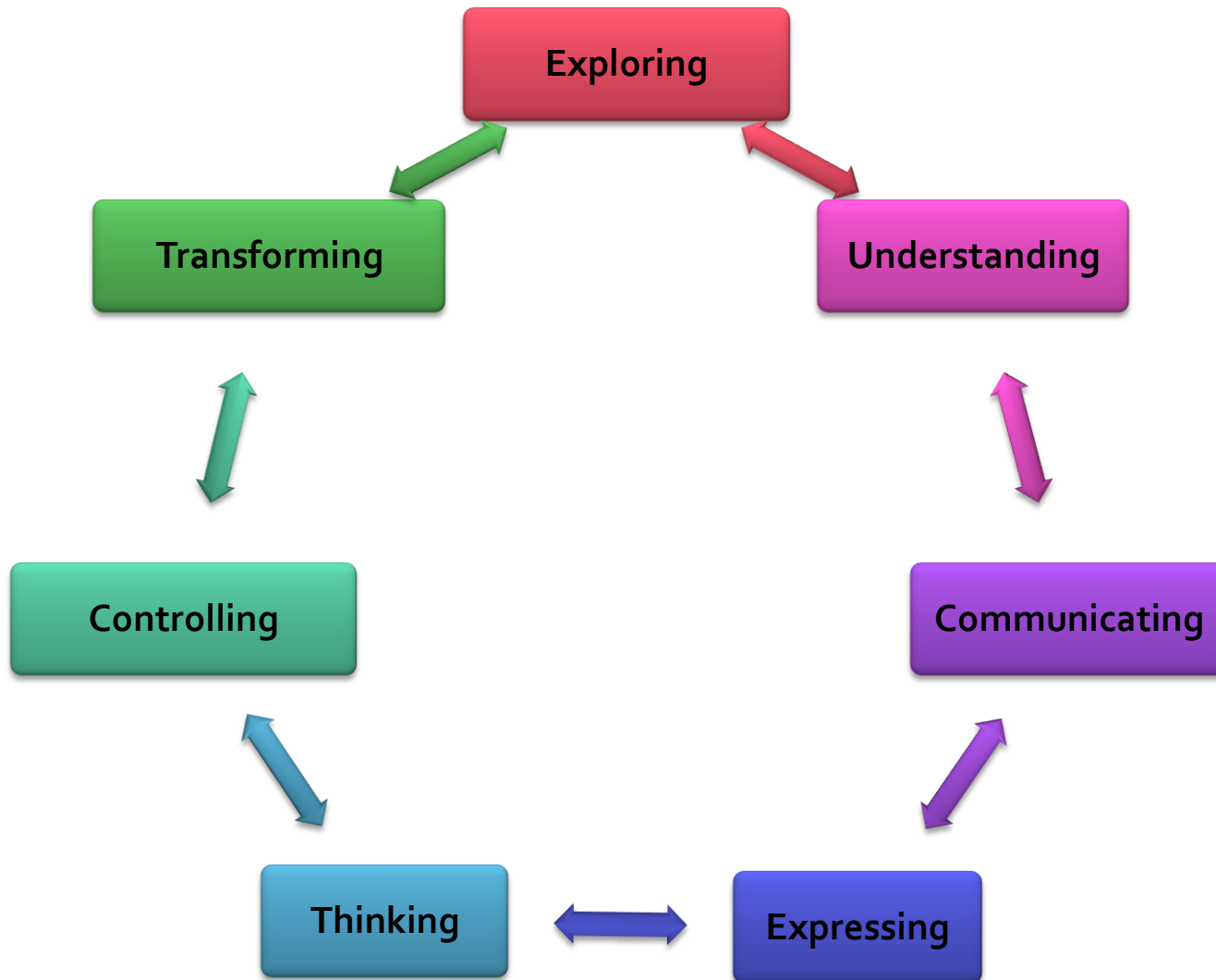
# SO WHAT?

- ? **YOU WORK WITH THESE TEENS EVERYDAY. HELP THEM UNDERSTAND THE SOURCE OF THEIR ANGER.**
- ? **YOU CAN GIVE THEM REAL THINGS THAT WORK AND WILL HELP THEM WHEN THEY'RE ANGRY.**
- ? **YOU CAN HELP TEENS LIVE A MORE FULFILLING LIFE BY TEACHING THEM SKILLS TO COPE, WORK THROUGH AND LET GO OF THEIR ANGER.**

# Goals

- ❑ Understand “The Cycle of Anger Management
- ❑ Implement activities in each step of the Anger Cycle to reinforce behavioral change.
- ❑ Identify and Utilize Skills and Techniques that work with Anger
- ❑ Have a deeper understanding of Anger and how to help your angry clients

# The Cycle of Anger Management



# The Cycle of Anger Management

**E  
X  
P  
L  
O  
R  
E**





# Step One



# Anger's A Problem If...

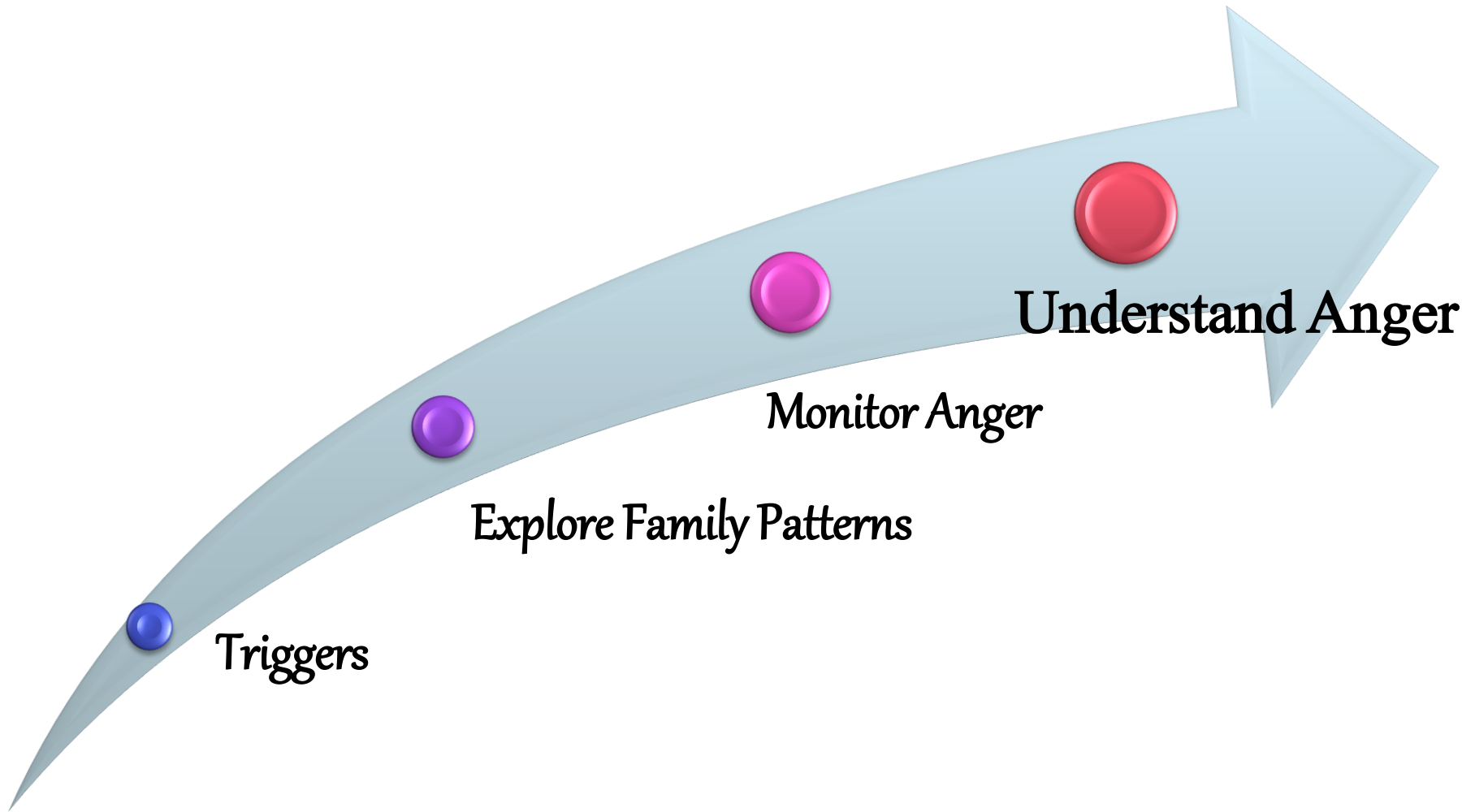
- The individual perceives anger as a problem
- It impacts the individuals interactions with others
- It impacts learning in the educational setting
- It is intended to hurt others either physically or psychologically

# YOUR ANGER PROFILE

Activity from

*"The Anger Workbook For Teens"*

# Step Two



# Anger Triggers

**What Things Hit Your Anger Bull's-eye?**



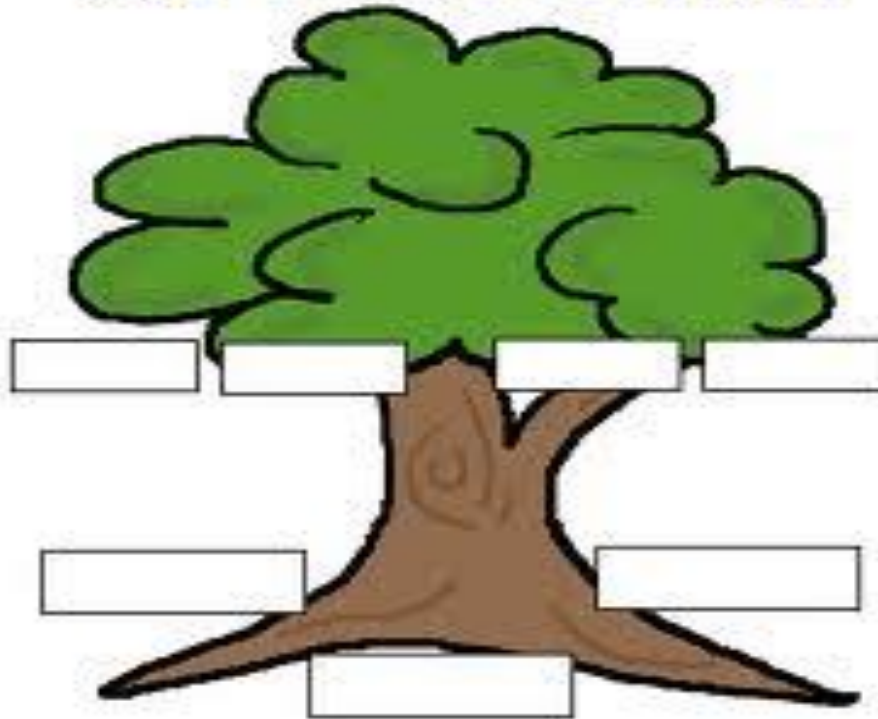
# Family Ties

**Understanding your family's communication style and dynamic is a crucial component of Anger Management.**



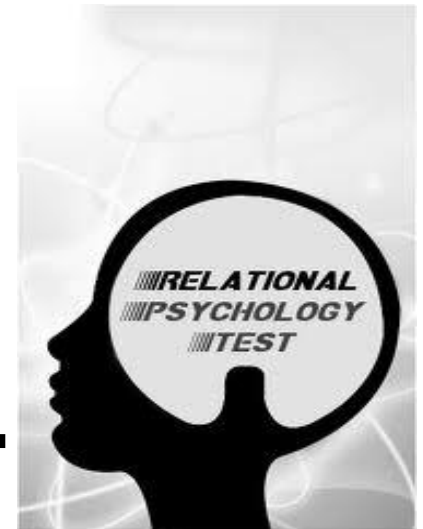
# Family Patterns

**MY FAMILY TREE**



# Relational Psychology

- See how they think
- See what's important
- Non-threatening approach to self-exposure
- Encourage open dialogue
- Create group cohesion
- Most of all they have fun...





# Step Three

**Listening**

**Words**

**COMMUNICATING**

**Perception**

**Non-Verbal**

# Communicating Anger

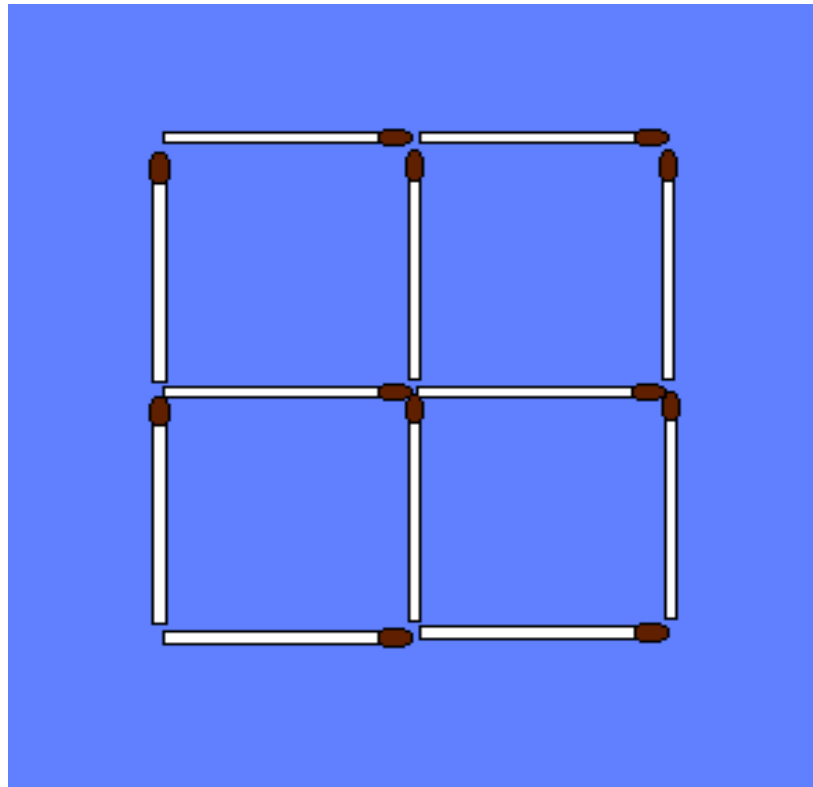
- ❑ Listening Skills
- ❑ “I” vs. “You” messages
- ❑ Identifying Defensive and Demeaning  
Talk
- ❑ Problem Solving
- ❑ Perception

# Communicating Clearly

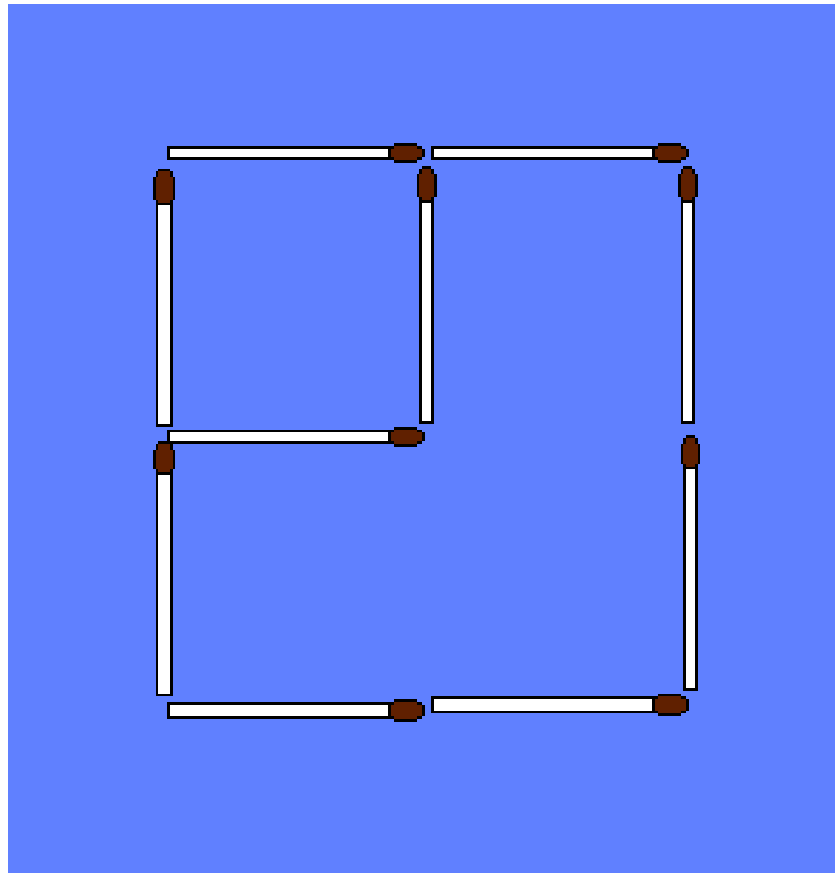


# Matchstick Puzzle

**Leave 2 by removing only 2 matches**

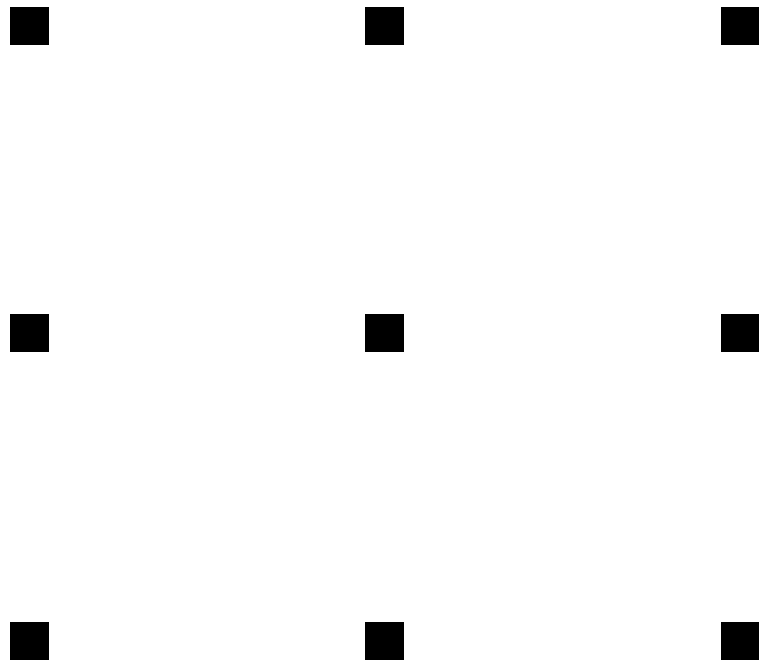


# Matchstick Puzzle Solution

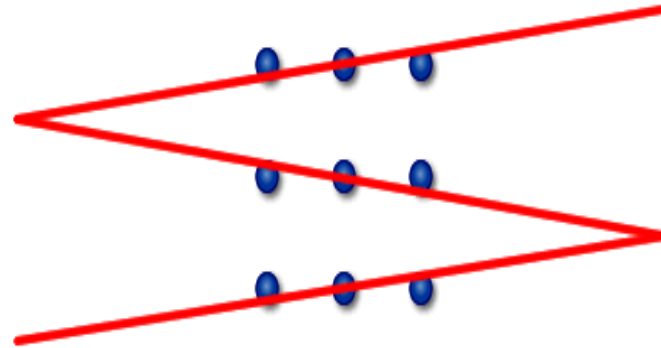
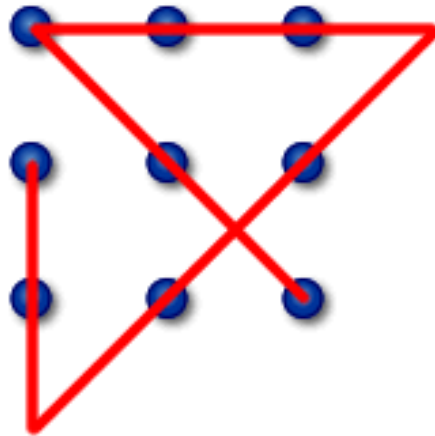


# 9-Dot Problem

**Connect all dots using 4 straight lines without lifting pencil from paper.**



# 9- Dot Solution



# Left – Right Conflict

Look at the chart and say the **COLOR** not the word

**YELLOW BLUE ORANGE**  
**BLACK RED GREEN**  
**PURPLE YELLOW RED**  
**ORANGE GREEN BLACK**  
**BLUE RED PURPLE**  
**GREEN BLUE ORANGE**

**Left - Right Conflict**

**Your right brain tries to say the color but  
your left brain insists on reading the word**

*Author unknown*



If you are in a dark room with a candle, a wood stove and a gas lamp. You only have one match, so what do you light first?



# ANSWER



# Palindrome

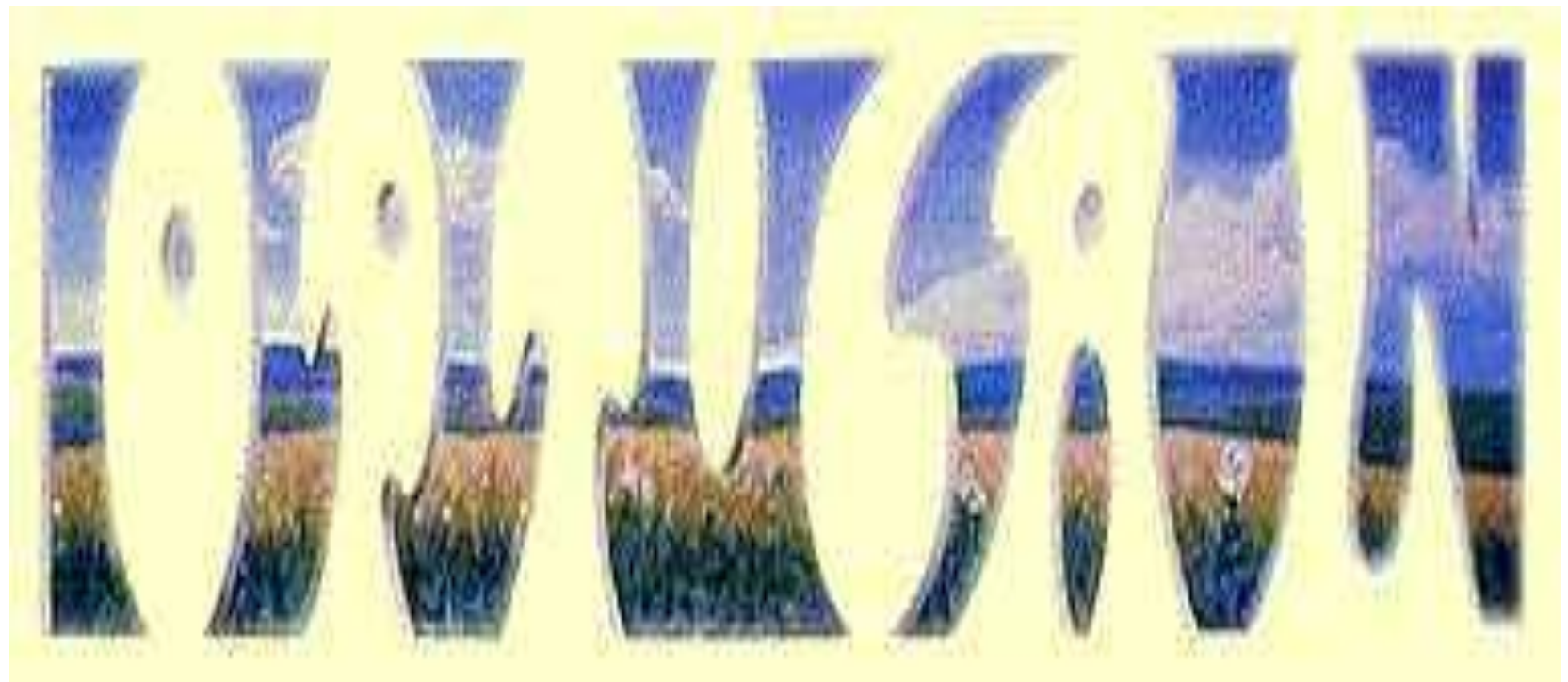
A palindrome is a word, phrase, verse, or sentence that reads the same backward or forward.

**What word, when written in capital letters, is the same forwards, backwards and upside down?**

# ANSWER

# NOON

# The Power Of Perception



<http://kids.niehs.nih.gov/illusion/illusions.htm>

# What's the First Image You See?



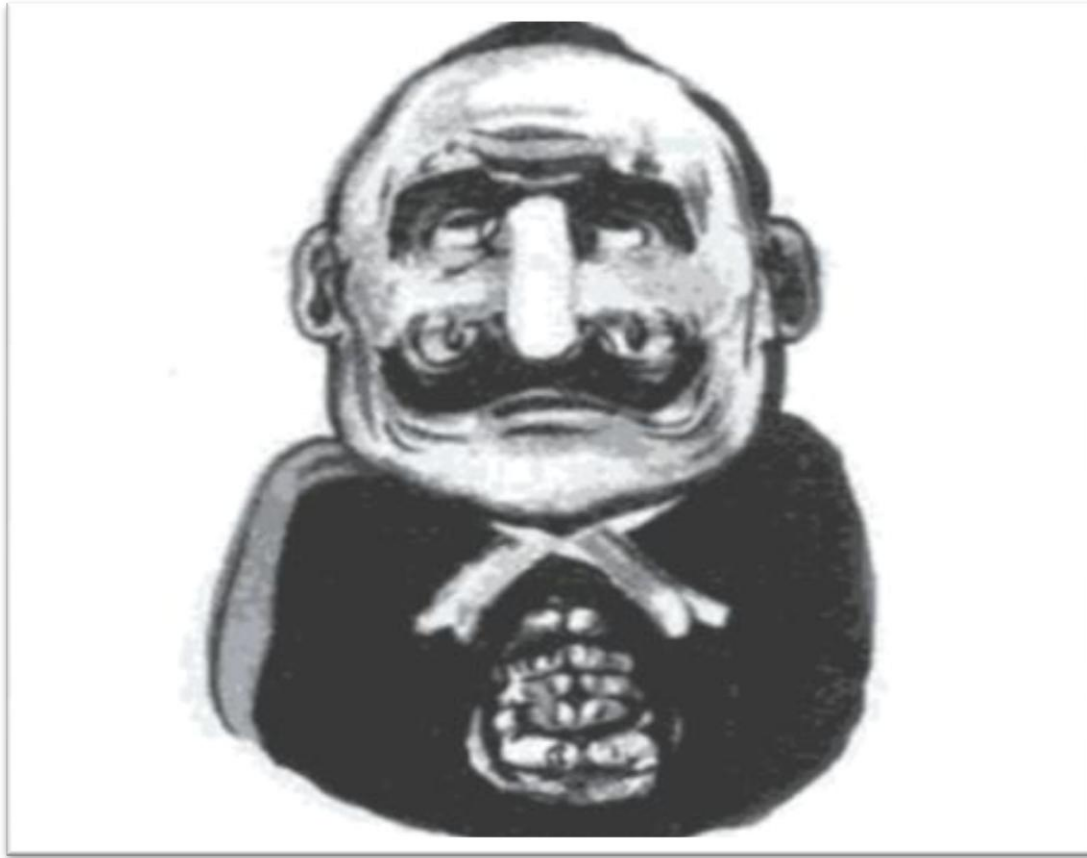
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# Such A Pretty Dress...



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# Anything Stand Out?



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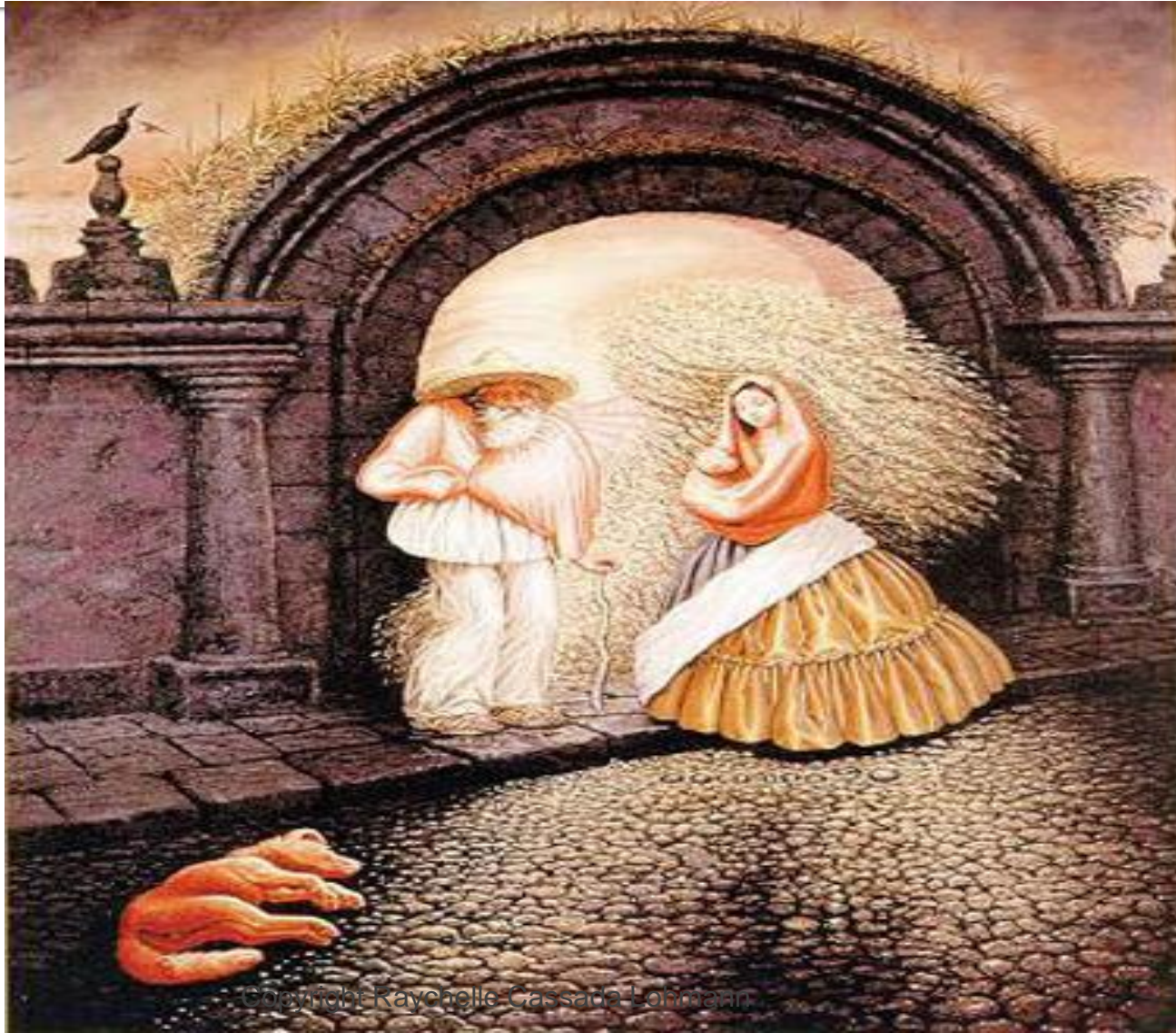


# Appearances Can Be Decieving



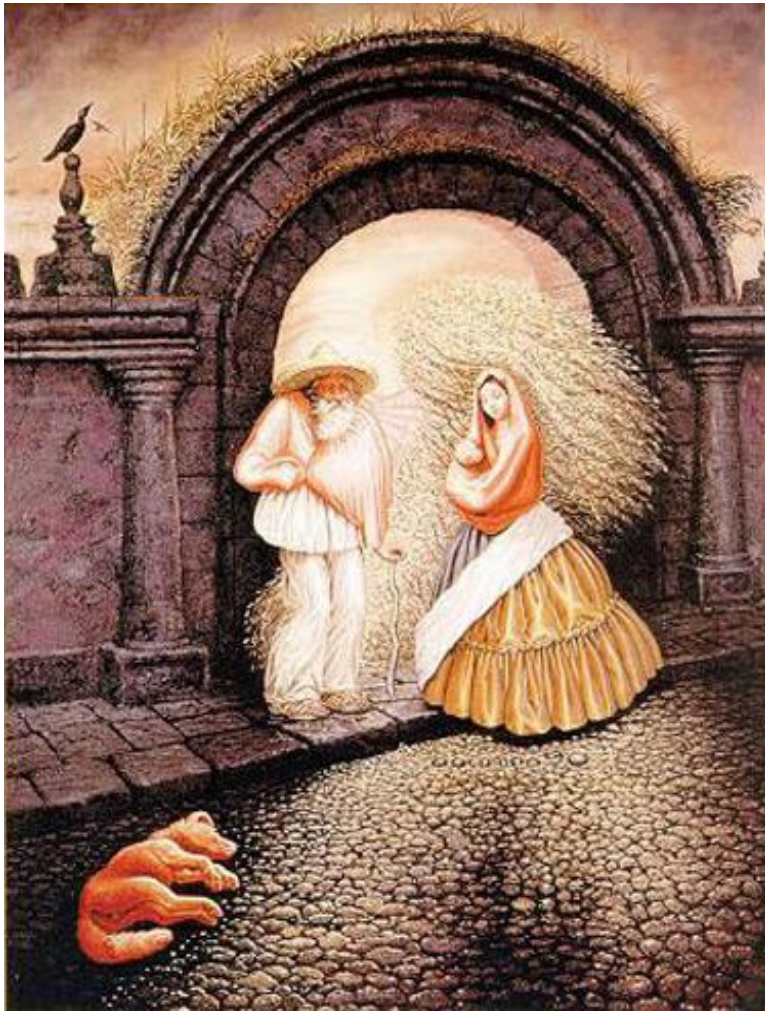
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# Do You See Nine Faces?



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# Do You See Nine Faces?



Large head of a man in the centre looking to the left, with white hair and beard.

Man in the centre left carrying a walking stick (whose head is the eye of #1)

Lady beside #2 holding a baby.

Baby in #3's arms.

Profile of woman's head above right hand column.

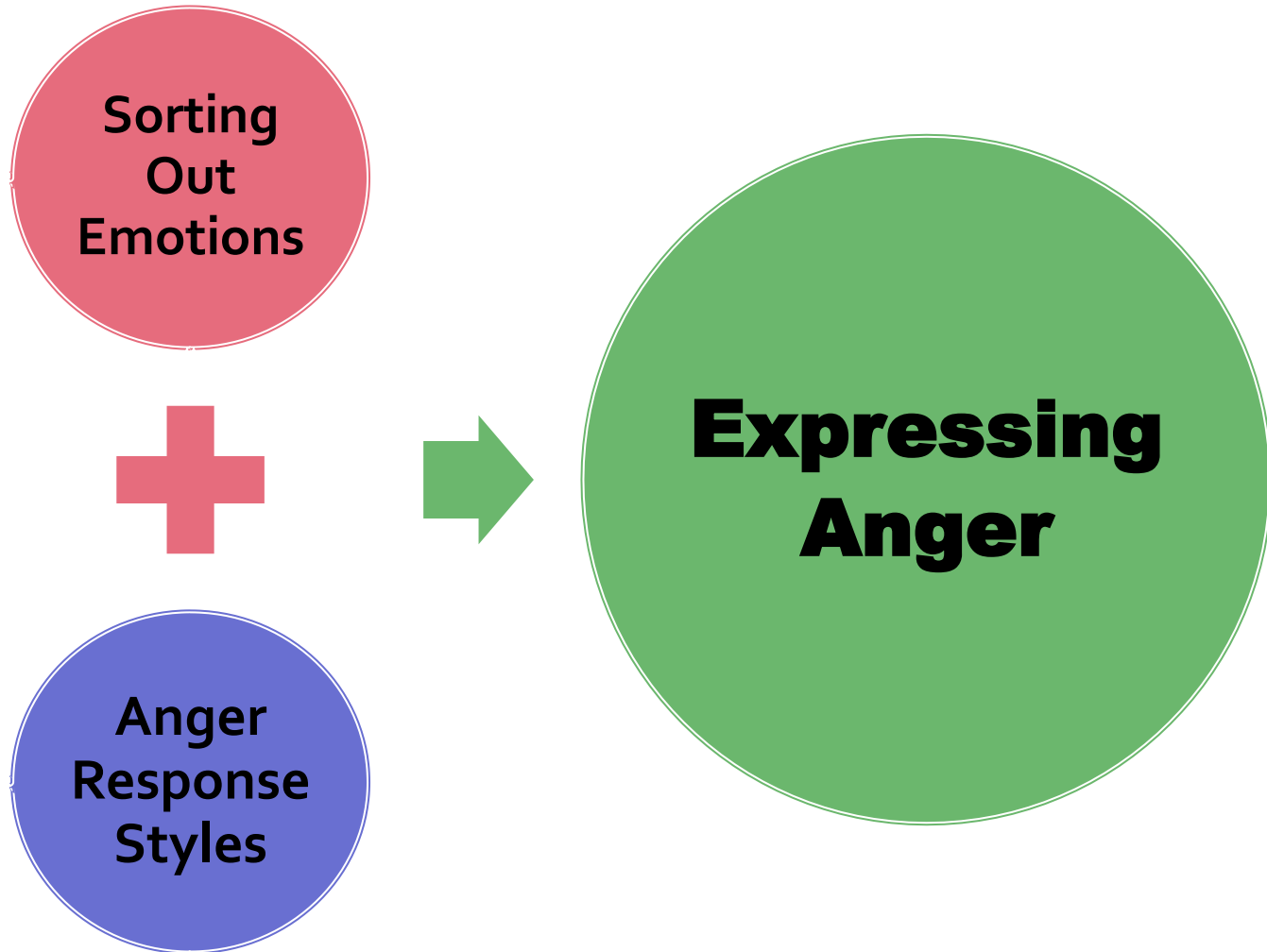
Mirror image of #5 above the left column.

Another face in profile on the opposite side of the #6's bird statue (a mirror of #6).

Another face in profile directly above #6, the bird forms the nose and forehead.

A face looking towards you in the extreme left, to the side of #8.

# Step Four



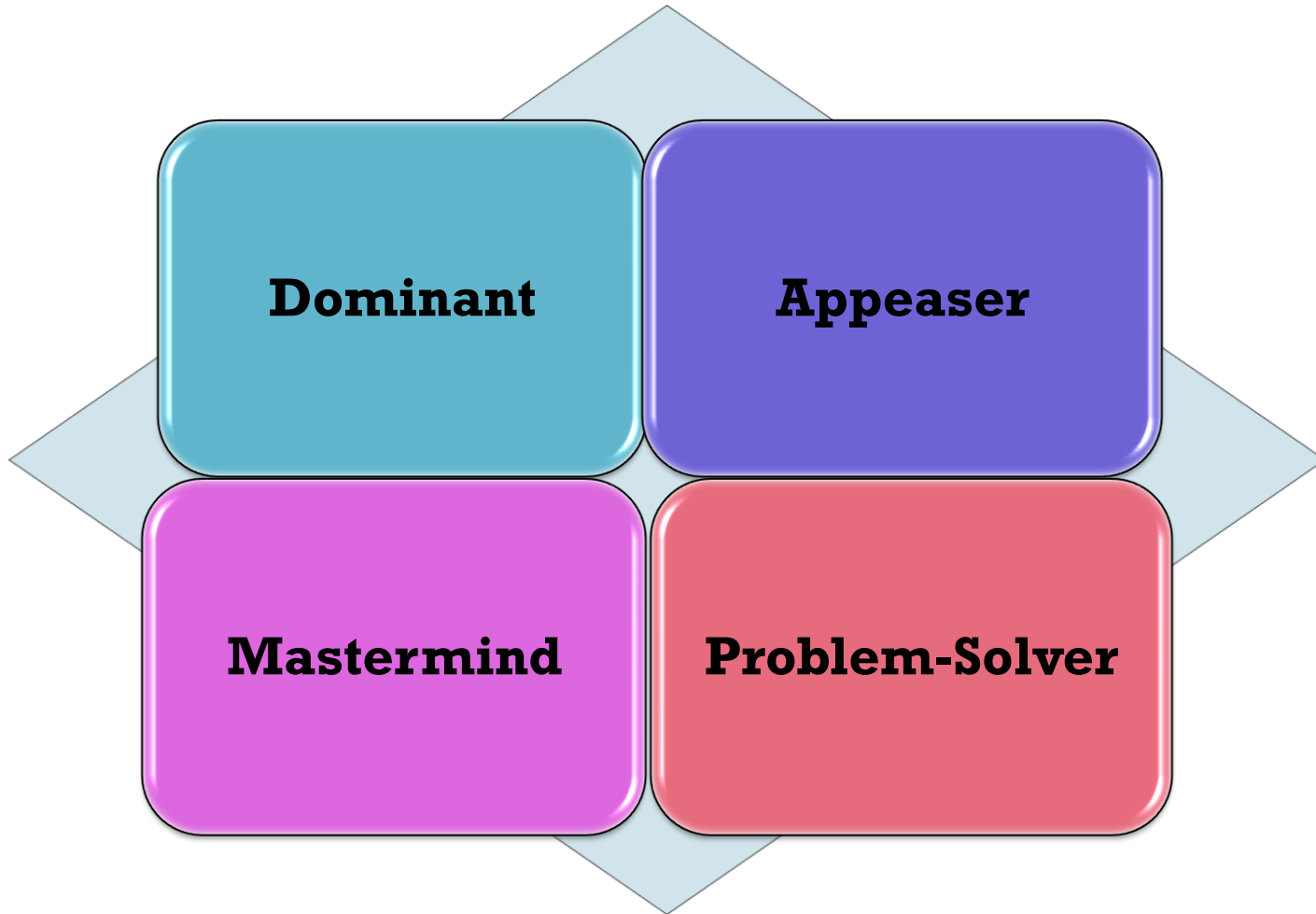
# Anger Body Response Style



# Reactionary Anger Style

<b>Slammer</b>	• 1	
<b>Yeller</b>	• 2	
<b>Complainer</b>	• 3	
<b>Trash Talker</b>	• 4	
<b>Hitter</b>	• 5	
<b>Pacer</b>	• 6	
<b>Whiner</b>	• 7	
<b>Breaker</b>	• 8	

# Resolution Style



# Step Five







# Cognitive Distortions

- **1. *All-or-nothing thinking***
- **2. *Overgeneralization***
- **3. *Mental filter***
- **4. *Disqualifying the positive***
- **5. *Jumping to conclusions:***
  - a. Mind reading**
  - b. Fortune Teller Error**
- **6. *Magnification (catastrophizing) or minimization***
- **7. *Emotional reasoning***
- **8. *Should statements***
- **9. *Labeling and mislabeling***
- **10. *Personalization***

# Break Into Our World...



# Who's Fault Is It???

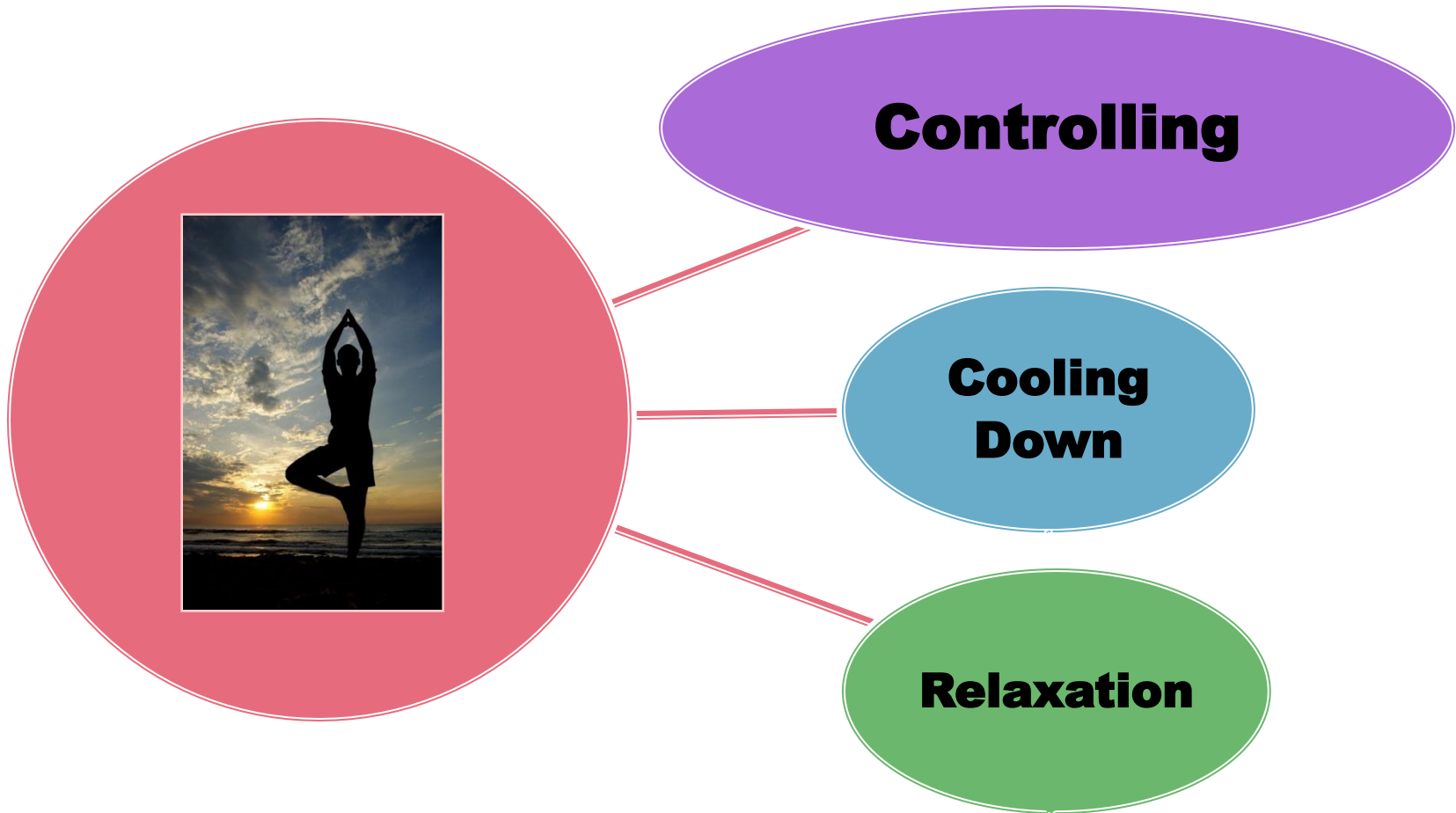


# Strategies to STOP Toxic Thinking

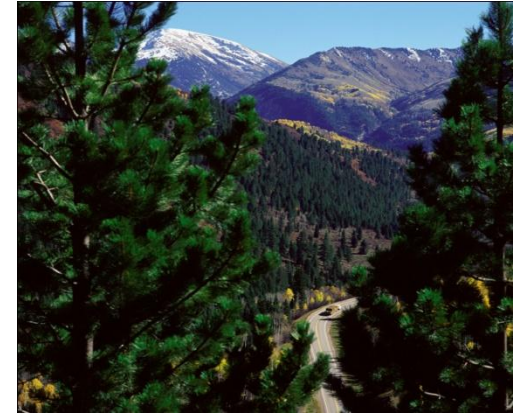
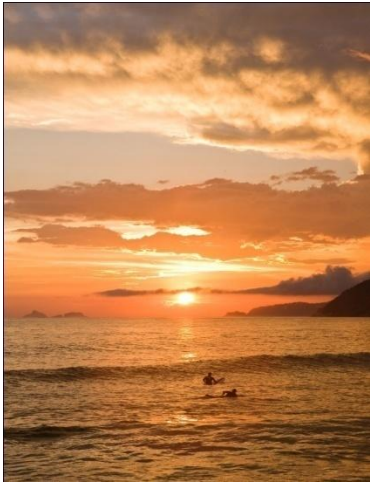
- Help Identify What They're Thinking
- Help Realize Self-defeating Thoughts
- Teach "Reality Check"
- Teach "Re-Framing Skills"
- Teach "Outside The Box Thinking"



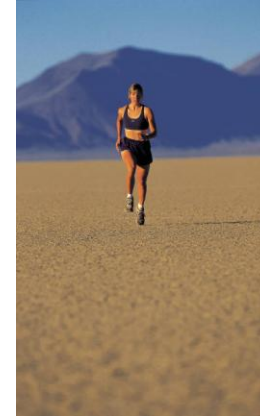
# Step Six



# Where's Your Place???



# Relaxation Activities



# The Power of Color





# Step Seven

T  
R  
A  
S  
F  
O  
R  
M



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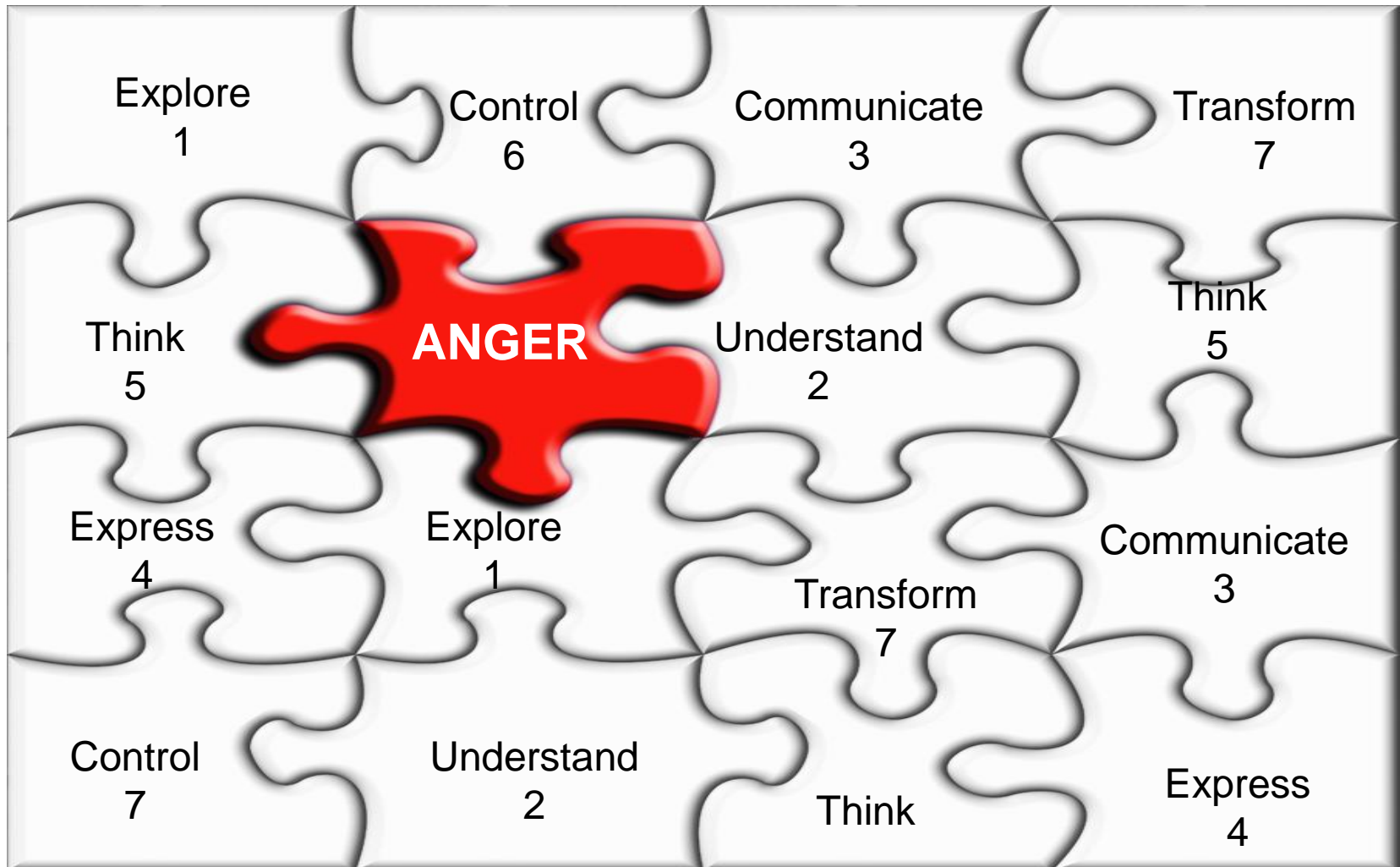
# Transform

<http://www.bing.com/Dictionary>

## Definition

- 1. *transitive verb* change something dramatically:** to change somebody or something completely, especially improving their appearance or usefulness
- 2. *intransitive verb* undergo total change:** to change completely for the better

# Putting The Pieces Together



# The Cycle of Anger Management



# NOW WHAT?

- ? **GO HOME AND PUT THESE TECHNIQUES INTO PRACTICE.**
- ? **UNDERSTAND THAT ANGER IS A COMPLEX EMOTION THAT HAS TO BE DEALT WITH AT VARIOUS LEVELS.**
- ? **HELP YOUR STUDENTS WORK THROUGH THE CYCLE OF ANGER AND HAVE A MEANINGFUL AND FULFILLING LIFE.**

# At A Bookstore Near You

NEW  
HARBINGER



*an instant help book for teens*

## the anger workbook for teens

activities to help you deal  
with **anger** and **frustration**

\* **control anger** and  
**feel calm** in the face  
of everyday problems

\* find healthy  
ways to **express**  
**your feelings**

\* get **help** when  
you need it

RAYCHELLE CASSADA LOHMANN, MS

# The Anger Workbook for Teens

- Anger Management Skills and Concepts
- Increased Self Awareness
- Coping Skills and Techniques
- Communication Skills
- Conflict Resolution Skills
- Cognitive Restructuring Skills
- Increased Self-Control and Confidence
- Decision Making Skills
- Healthy alternatives to acting out anger



ZOO S G N - M O C

**PRESENTS**  
**STAYING COOL...**  
**WHEN YOU'RE**  
**STEAMING MAD**

ZOO S G N - M O C



# Contact Information



<http://raychelleclohmann.com>

Psychology Today

<http://www.psychologytoday.com/blog/bloggers/raychelle-cassada-lohmann-ms-lpc>



<http://twitter.com/RLohmann>



<http://raychellelohmann.blogspot.com/>



<http://www.linkedin.com/in/rlohmann>



<http://www.newharbinger.com/AuthorExpertRaychelleCassadaLohmannMSLPC/tabid/348/Default.aspx>

# Presentation & Handouts



[www.raychelleclohmann.com](http://www.raychelleclohmann.com)



*Q & A*



# Anger Says

Anger says:  
"I can destroy  
The whole world."

Peace says:  
"Not when I work  
Inside you."

*Sri Chinmoy*



*The End*