

Angry Teens



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AGENDA

- **The Cycle of Anger Management**
- **Applying the Cycle to Practice**
- **Use a Solution Focused Approach**
- **Use a CBT Approach**
- **Take Home Tips and Strategies**
- **Closure**

GOAL

That you will understand the cycle of anger and will be able to apply key principles and strategies to each stage. More importantly, the goal is that you will be able to help someone who is a victim of his or her own anger.

Statistics

Study out of Harvard, about 2/3 of American teens had a history of anger attacks involving real or threatened violence. The study also found that 1 in 12 teens met the criteria for Intermittent Explosive Disorder. That's about six million teens nationwide!

To top it off 12 was the median age of onset.



Theoretical Orientation



Solution Focused Therapy

- ⊙ Problems continue by

- > Doing More of the Same
- > Expecting no change



- ⊙ Solution Focused/Common Sense

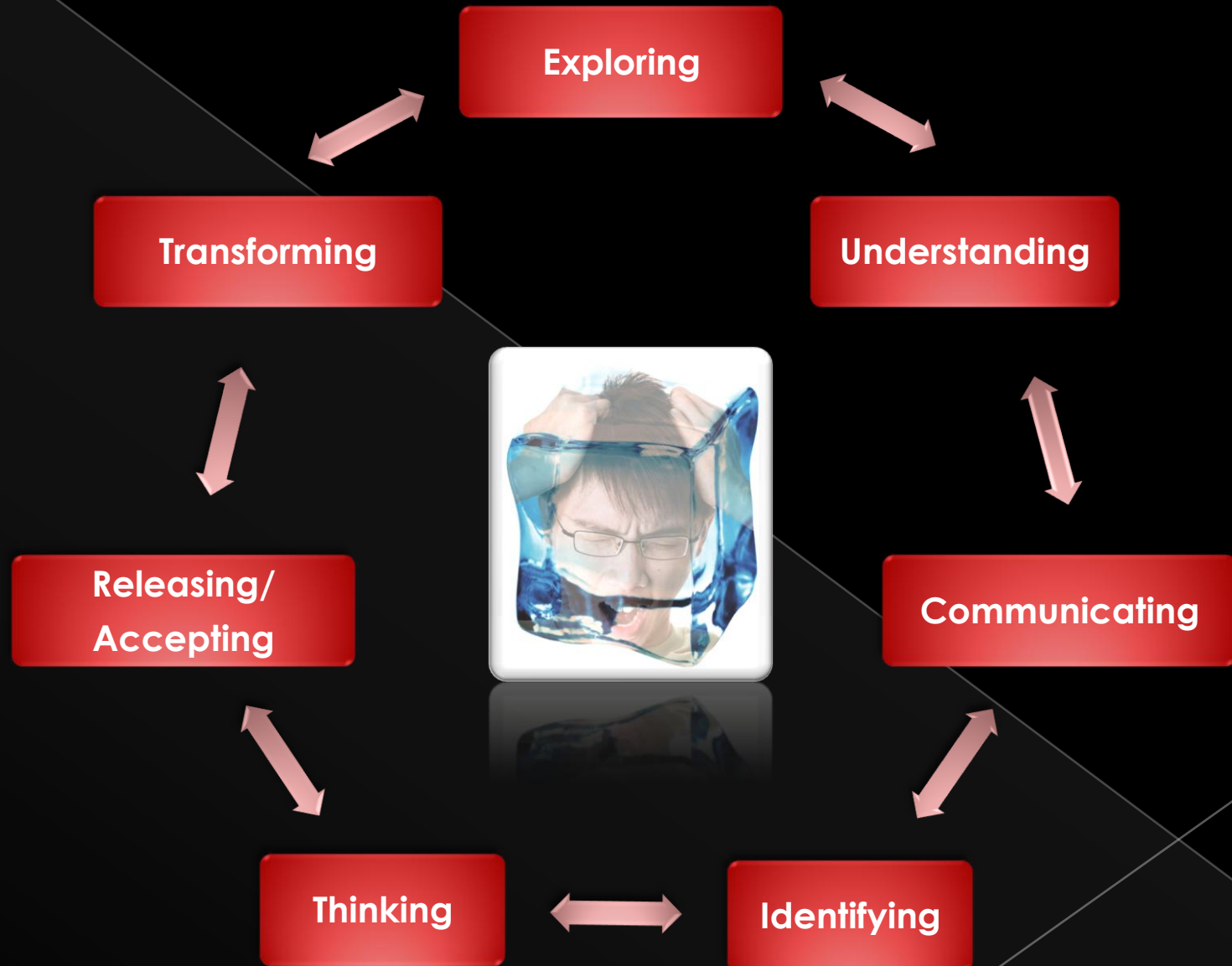
- > If it ain't broke – don't fix it
- > Once you know what works, do it more
- > If it doesn't work, do something different

Basic Assumption



- CLIENTS HAVE ANSWERS
- Clients have some knowledge of what would make their life better, even though they may need some (at times, considerable) help.
- Everyone who seeks help already possesses at least the minimal skills necessary to create solutions.

Cycle of Anger Management



Step One

E
X
P
L
O
R
E



Self-Awareness





miracle

“Suppose tonight while you sleep, a miracle happens. When you awake tomorrow morning, what will you see yourself doing, thinking, or believing about yourself that will tell you a miracle has happened in your life?”

Exploring is important because...

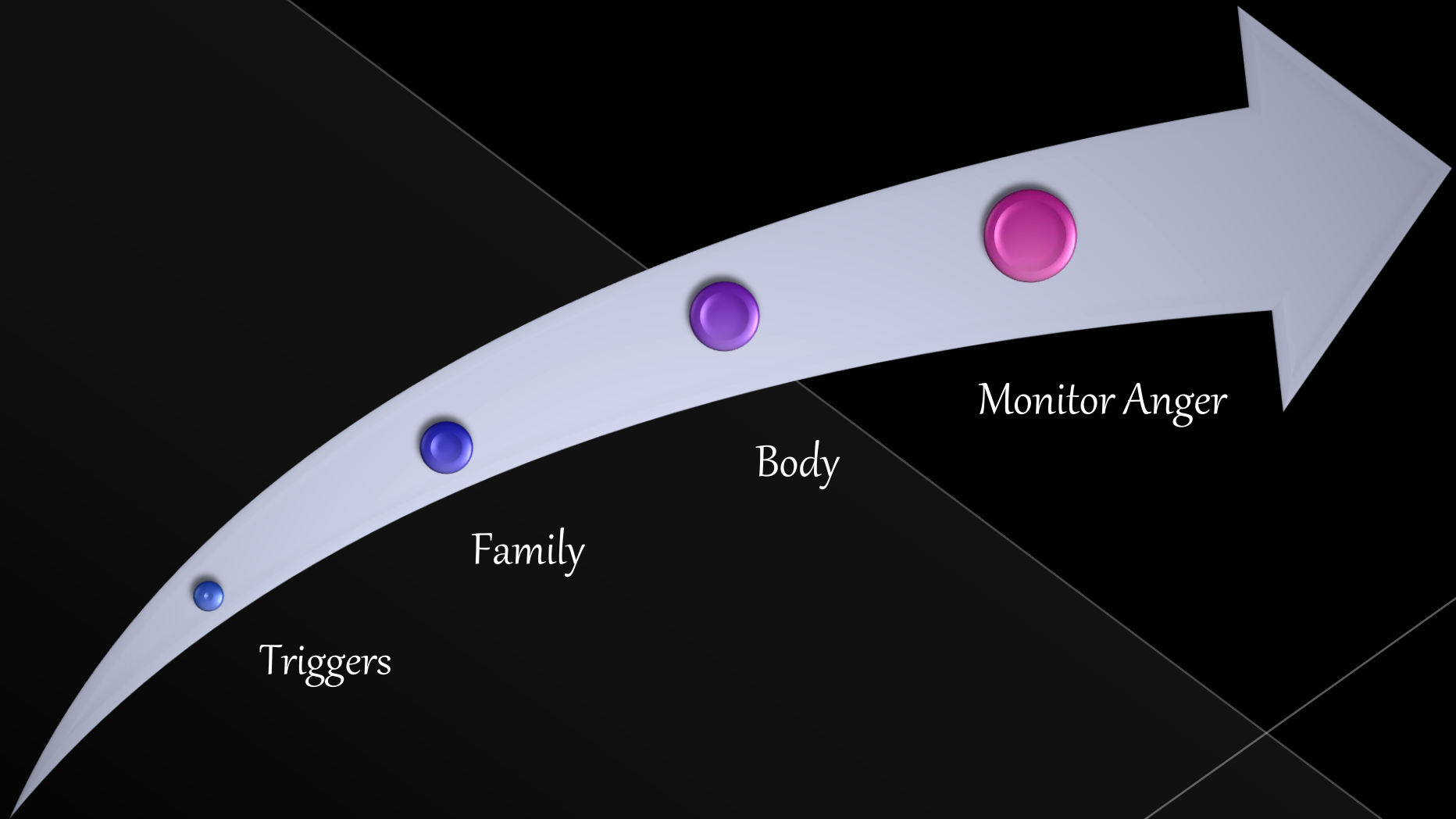
- ① You've acknowledged that you have a problem.
- ② You've accepted that you want to improve yourself.
- ③ You've opened the door to change
- ④ You've admitted the problem



STEP TWO - UNDERSTAND



UNDERSTAND



Triggers

Family

Body

Monitor Anger

Anger Triggers

What Things Hit Your Anger Bull's-eye?

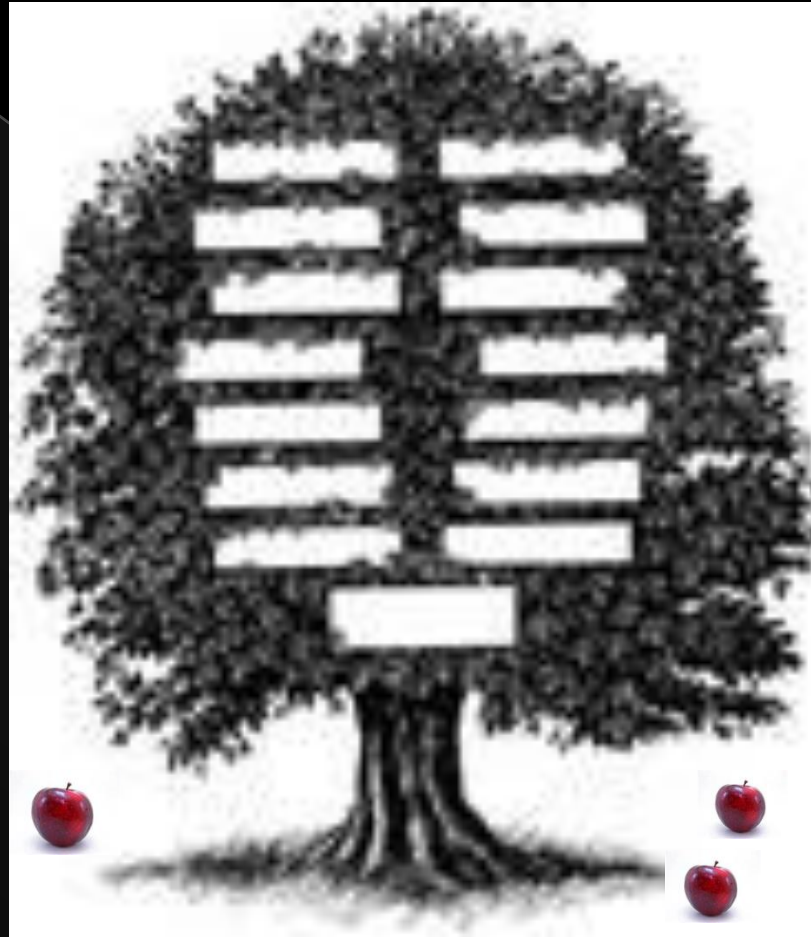


Fight or Flight

Key Things to Know:

- Know your mood.
- Know your triggers.
- Identify anger provoking or toxic thoughts and keep them from playing over and over in your head.
- Make a decision to handle the situation.
 - > Change your environment
 - > Change your thoughts
 - > Put anger de-activation strategies in place
 - > Weigh out the options
- Recognize the changes that are happening in your body.

Family Matters



Apples Don't Fall Far From The Tree

Relational Psychology

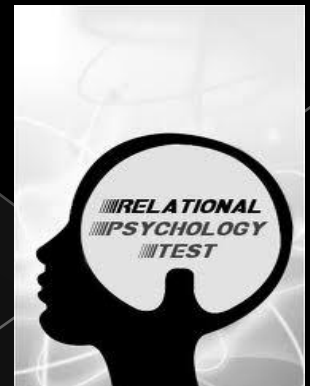


What's Important to You?

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...

<http://www.naute.com/puzzles/woods.php>



Anger Hurts



Behavioral Monitoring

Keeping Behavior in Check



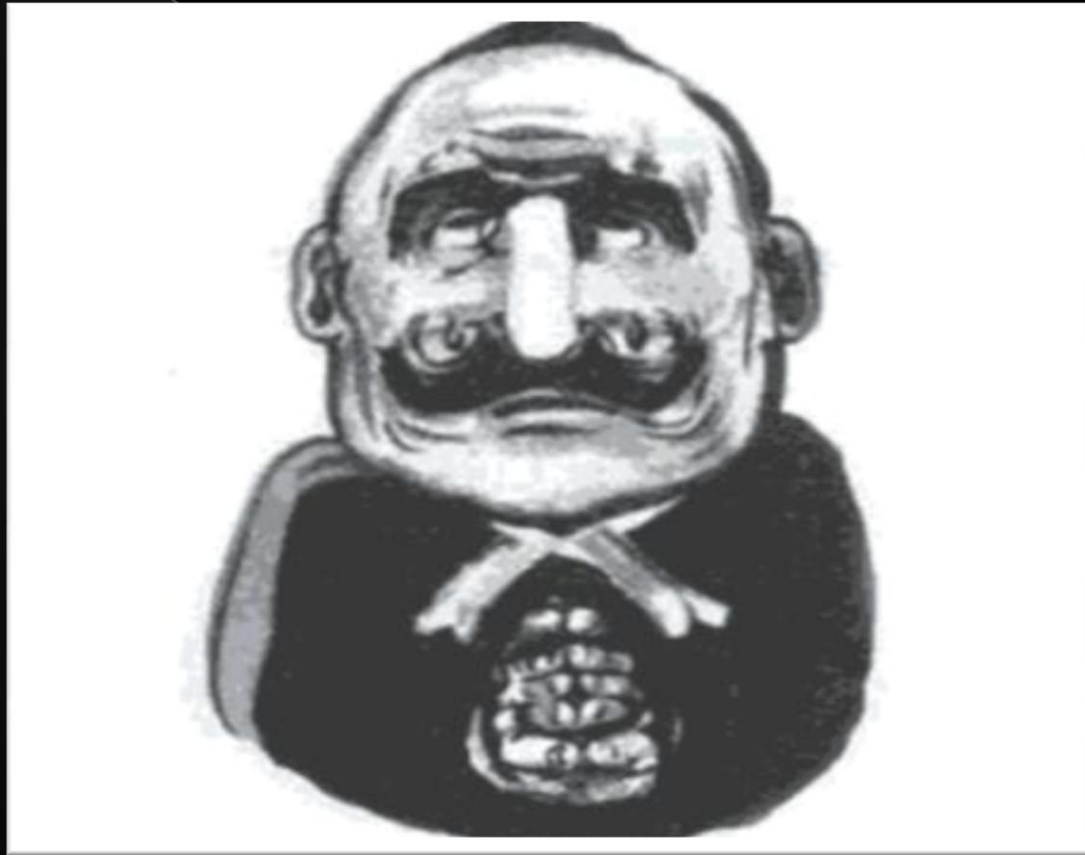
Step Three Communication



Non-Verbal's Are Important

- Gestures & Signs –provocative or vulgar, waving, giving the OK sign, and yes the middle finger falls into this category.
- Facial Expressions – squinting eyes, tensing facial muscles, raising an eyebrow
- Personal Space – standing too close for comfort or too far away for closeness
- Stance – arms crossed or open for approachableness, tense or relaxed
- Eye Contact - maintaining eye contact, cutting eyes, rolling eyes
- Touch – some people are touchy/feely, do you like when others touch you?
- Personal Vibes – what does your gut tell you about this person?

Anything Stand Out?



Appearances Can Be Deceiving



What Do You See?





Problem Solving

A pond of lily pads doubles in size each day. In 18 days the lily pads will cover the entire pond. On what day will the pond be half covered?



Answer

Day 17! Why?

The lily pads double in size each day so one day, so one day ago they were half the size they are now. Since today is day 18, yesterday is day 17.

The Power of the Mind

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Step Four - Identify

Sorting
Out
Emotions



Anger
Response
Styles

**Identifying
Anger**



What's Hiding Behind all that Anger?

Fear

Anxiety

Shame

Greed



Stress

Hurt

Insecurity

Depression

Emotional Scaling

- ◉ Scale of 1 – 10
 - > 1 is the worst it's ever been
 - > 10 is after the miracle has happened
- ◉ Where are you now?
- ◉ Where do you need to be?
- ◉ What will help you move up one point?
- ◉ How can you keep yourself at that point?

Anger Expression Styles

- ◉ **Slammer**
- ◉ **Yeller**
- ◉ **Complainer**
- ◉ **Trash Talker**
- ◉ **Hitter**
- ◉ **Pacer**
- ◉ **Whiner**
- ◉ **Breaker**



IMs

- Morning Person?
- Afternoon Nap?
- Overstressed?
- Tired?
- Too much to do?



Anger management:

When angry with someone,
it helps to sit down and
think about the problem...



Step Five - Thinking



ABCs of Thinking

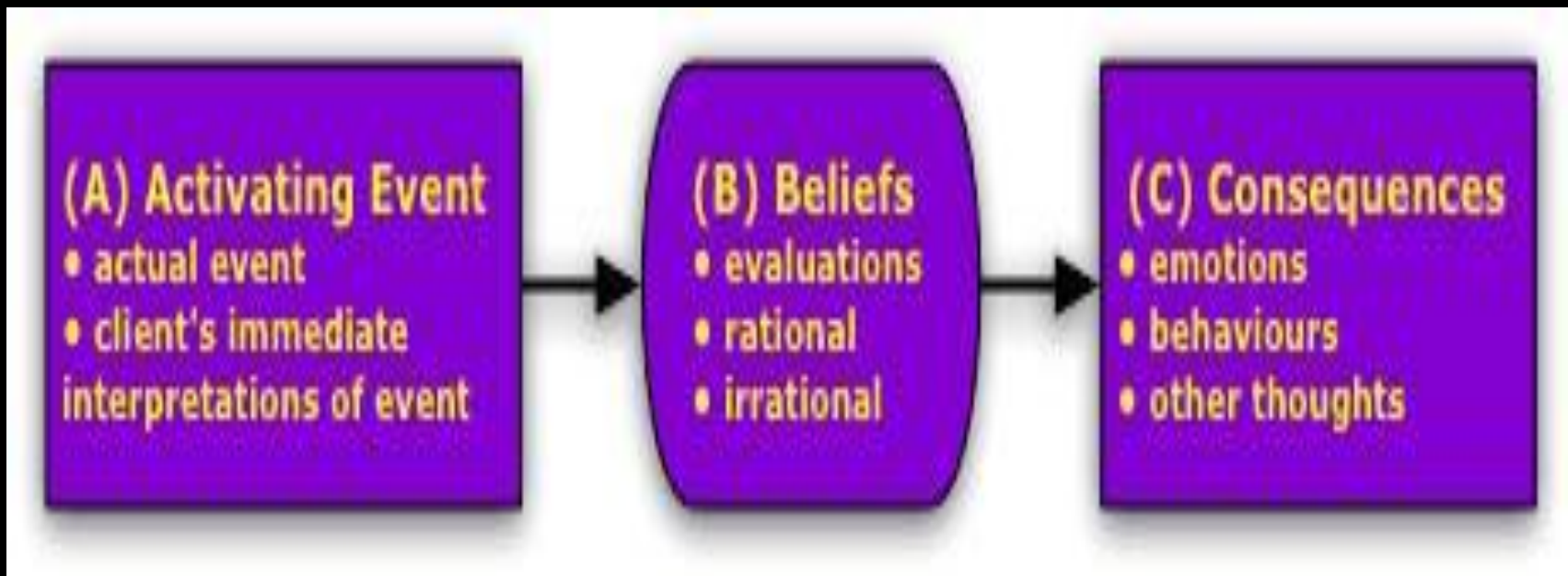


ABCs of Thinking

Activating – the situation and client's interpretations of the event

Beliefs about event – evaluation can be rational or irrational

Consequences – how you feel and what you do or other thoughts



Cognitive Distortions

1. Disqualifying the Positive
2. Overgeneralization
3. Filtering
4. Catastrophe
5. Jumping to Conclusions
6. All or Nothing Thinking
7. Labeling
8. Personalization



Step Six



Relaxing

**Cooling
Down**

Calming

Relaxation Activities



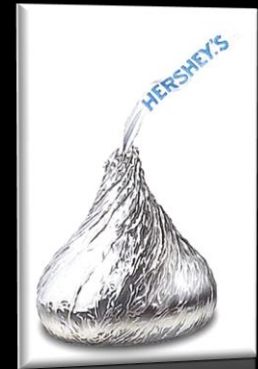
Where's Your Place???



The Power of Color



Mindfulness



- Mindfulness is awareness. It's a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

Step Seven

T
R
A
S
F
O
R
M



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

Goal: Reduce



angry eyes



cutting words



throwing objects



body out of control

Putting The Pieces Together





> **Than Anger**

The most commonly used psychiatric diagnoses for aggressive, angry or violent behavior are:

- **Oppositional Defiant Disorder**
- **Attention-Deficit/Hyperactivity Disorder**
- **Conduct Disorder (in children and adolescents),**
- **Psychotic Disorder**
- **Bipolar Disorder**
- **Antisocial, Borderline**
- **Paranoid and Narcissistic Personality Disorder**
- **Adjustment Disorder with Disturbance of Conduct**
- **Intermittent Explosive Disorder.**



Anger Says

Anger says:
"I can destroy
The whole world."
Peace says:
"Not when I work
Inside you."

Sri Chinmoy

Change happens...



Out...

From the inside...

Presentation & Handouts



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That's all Folks!