

Angry Teens



Raychelle Cassada Lohmann



AGENDA

- Introduction
- Adolescent Development
- Facts and Stats about Anger
- Theory & Practice
- The Cycle of Anger Management
- Applying to Practice
- 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.



Getting To Know You

Introduce yourselves positively with two adjectives beginning with the same letter as the initial of their first name.

For example, Rational, Realtor Randy.



**GETTING
STARTED**

***What Do You Want
to Get from
Today?***



Stages of Adolescent Development



Understanding the Teen Brain



What is Anger?

Normal Anger

Anger is an emotion and like any emotion we can not keep it from happening. Positive things have come from anger...

Anger is not the problem it is the negative behaviors that we display when we get angry that causes the problem.

Abnormal Anger

- ❖ loss of temper on a daily basis
- ❖ frequent physical fighting
- ❖ significant vandalism or property damage
- ❖ increase in risk-taking behavior
- ❖ detailed plans to commit acts of violence
- ❖ announcing threats or plans for hurting others
- ❖ enjoying hurting animals
- ❖ carrying a weapon
- ❖ declining performance in school and loss of interest in activities

Anger is a Problem if ...

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



> **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.**

Teen Anger Quiz



Anger Quiz

1. If you are born with a quick temper, you just have to accept that it's going to be part of your personality forever.

True

False

Anger Quiz

2. Anger is a primitive emotion, that is invested with "moral" meaning.

True

False

Anger Quiz

3. Ignoring your anger is a good way to deal with it.

True

False

Anger Quiz

4. Research has shown that blowing up at someone is the healthiest thing you can do.

True

False

Anger Quiz

5. When angry, it's best to deal with the situation immediately and get it over with.

True

False

Anger Quiz

6. Visualizing your past mistakes is a good way to deal with anger.

True

False

Anger Quiz

7. Thinking about something else when you're angry will only prolong the agony.

True

False

Anger Quiz

8. There is never any good use for anger.

True

False

Statistics on Teen Anger



@NG3R

@NG3R

Factors that contribute to violent behavior include:

- peer pressure
- need for attention or respect
- feelings of low self-worth
- early childhood abuse or neglect
- witnessing violence at home, in the community or in the media
- easy access to weapons

Anger & The Gender Divide



How the Media Displays Anger

THE ORIGINAL



ANGRY BIRD



Media Violence

- <http://www.common sensemedia.org/advice-for-parents/impact-media-violence-tips>

What is Wrong with American Kids?

- ◉ <http://www.youtube.com/watch?v=aNAnSQ8QWNw>

Theoretical Orientation



Seneca

De Ira (Of Anger)

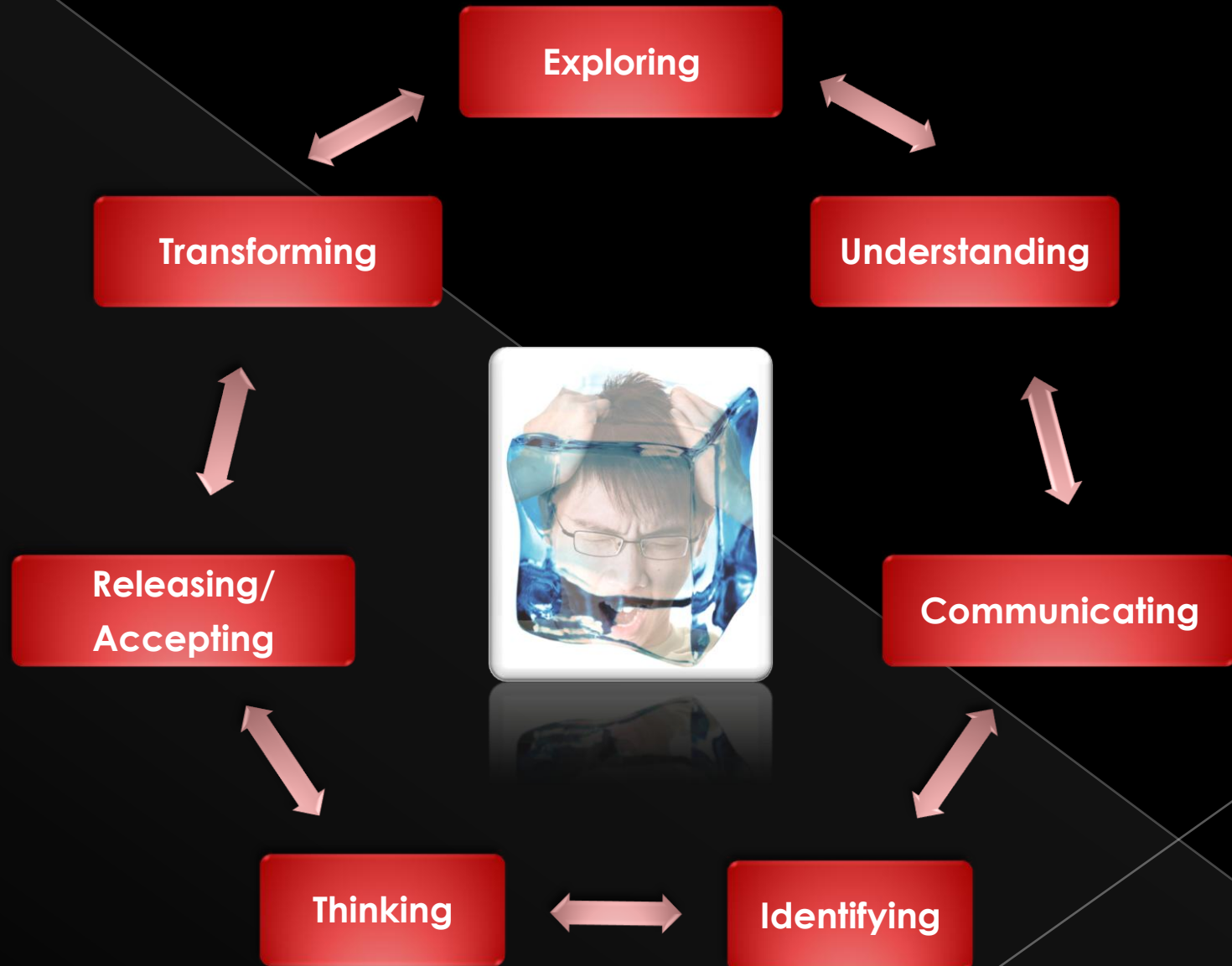
- In 65AD Seneca proposed theories about aggression and self-help methods remarkably similar to the best we have today.
 - 1) Avoid frustrating situations by noting where you got angry in the past.
 - 2) Reduce your anger by taking time, focusing on other emotions (pleasure, shame, or fear), avoiding weapons of aggression, and attending to other matters.
 - 3) Respond calmly to an aggressor with empathy or mild, unprovocative comments or with no response at all.

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



<http://www.youtube.com/watch?v=yyHmlcp2YCQ>



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...

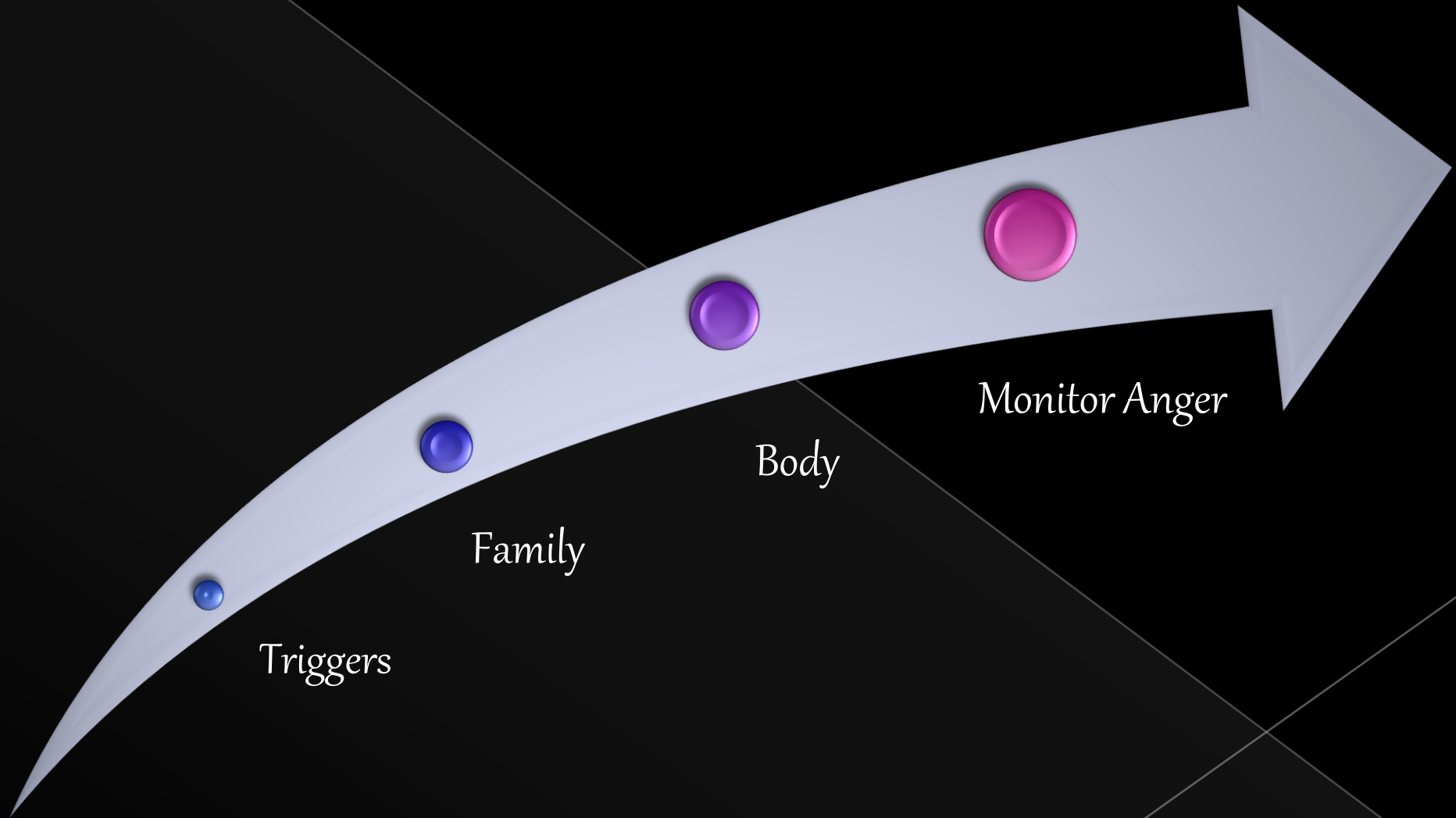
- ① You've acknowledged that you have a problem.
- ② You've accepted that you want to improve yourself.
- ③ You've opened the door to change
- ④ You've admitted the problem



STEP TWO - UNDERSTAND



UNDERSTAND



Anger Triggers

What Things Hit Your Anger Bull's-eye?



Fight or Flight

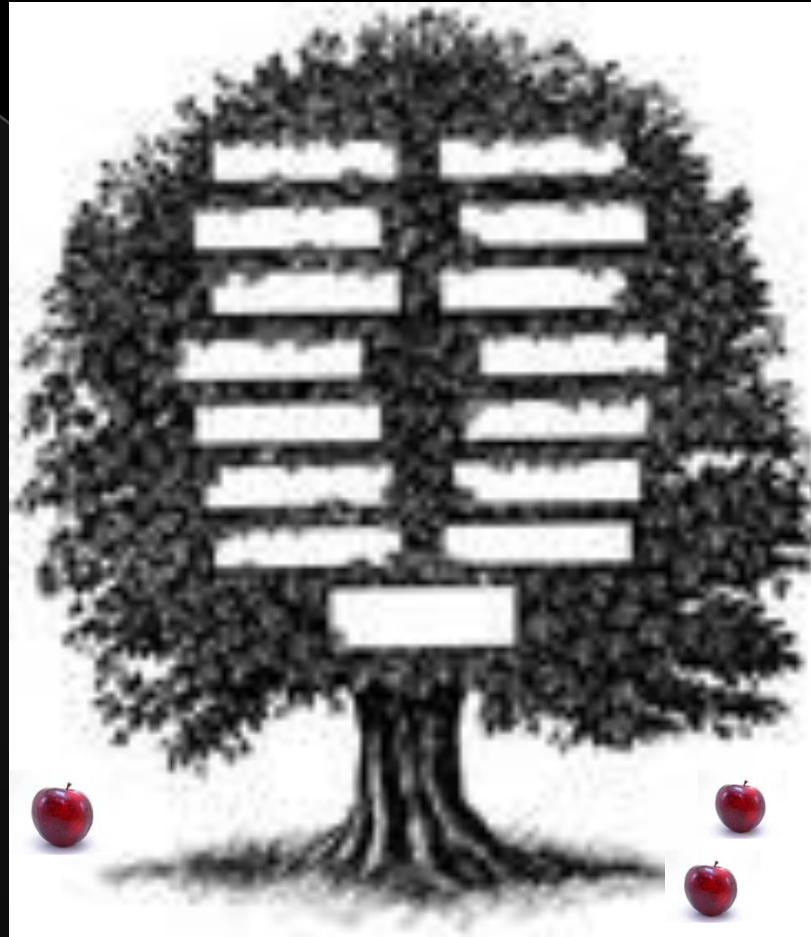


Fight or Flight

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

Anger Hurts



Where Do You Feel Anger?



Behavioral Monitoring

Keeping Behavior in Check



Relational Psychology



A Walk in the Woods

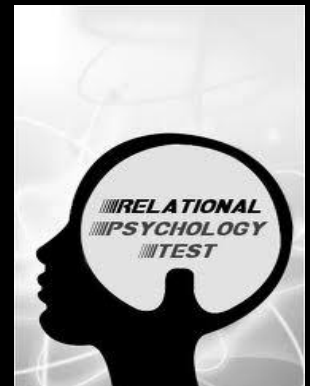
Relational Psychology



A Medieval Fantasy

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 Communication



Communicating Anger

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



What Am I Feeling



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?

Listen & Draw



Is the Glass Half Empty or Full?



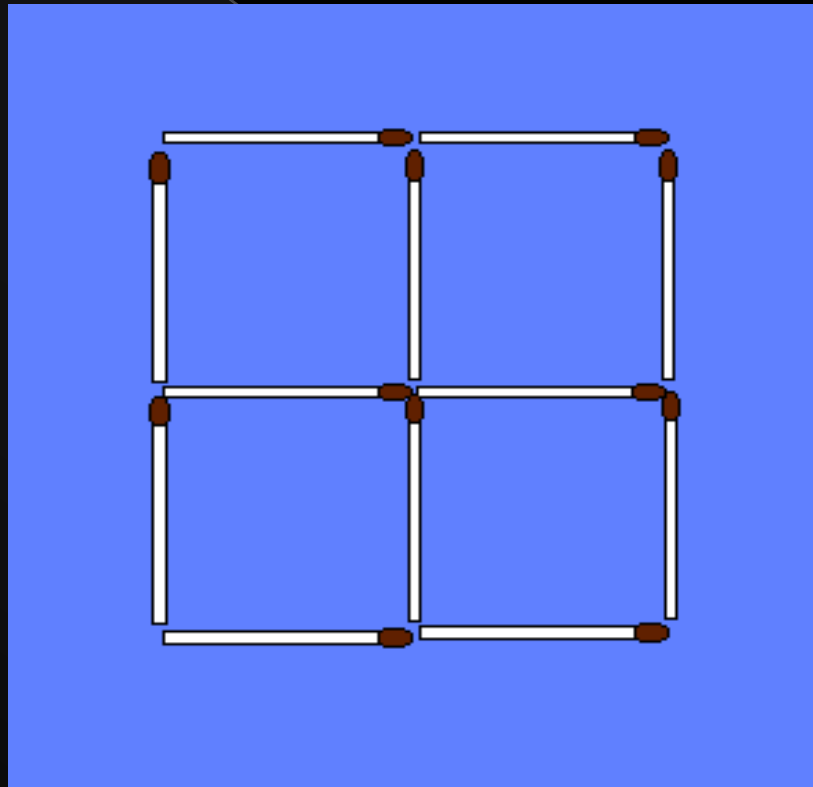
What's the Word?

- Can you find the hidden nine letter word in this grid? Starting with any letter you may move in any direction, including diagonally to spell out the letters of the word in their correct order.

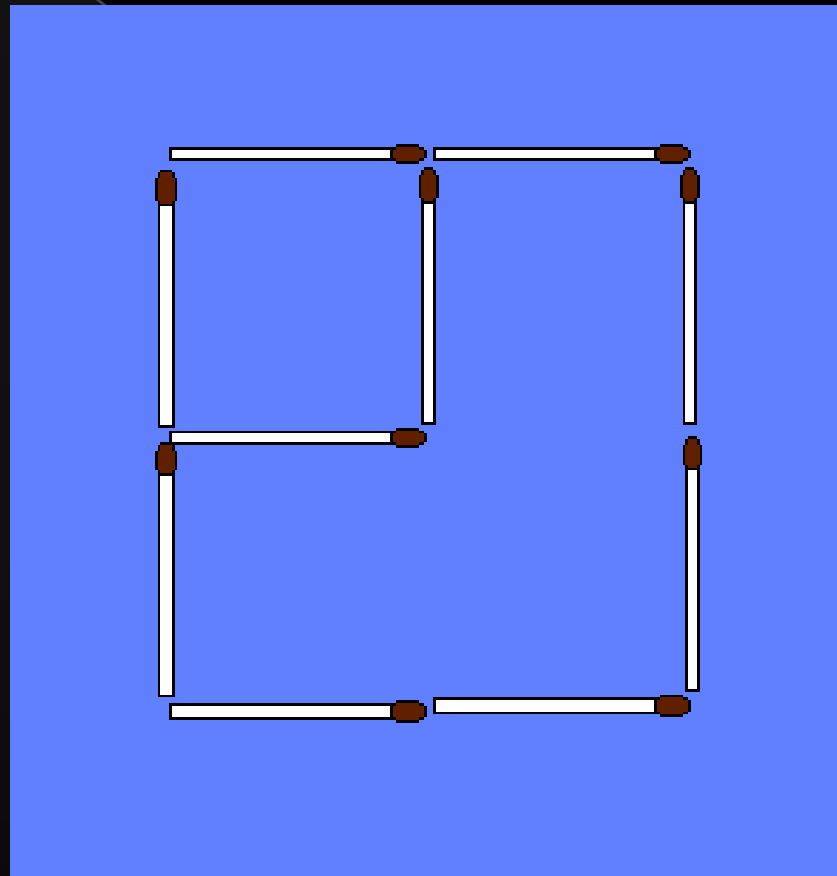
H L E C
L E H E
A A N G
E N A G

Matchstick Puzzle

Leave 2 by removing only 2 matches



Matchstick Puzzle Solution

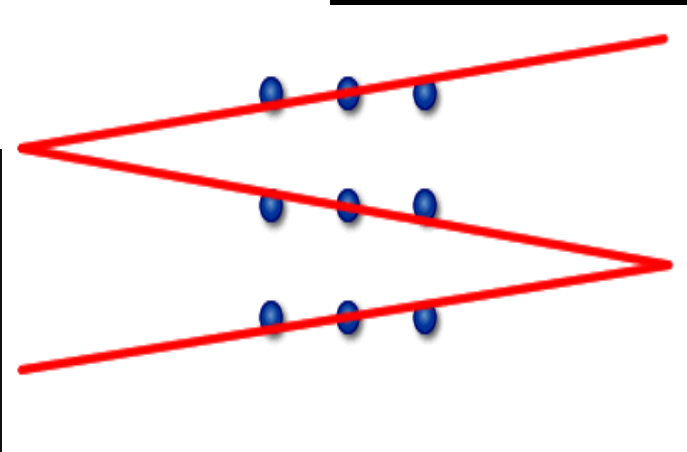
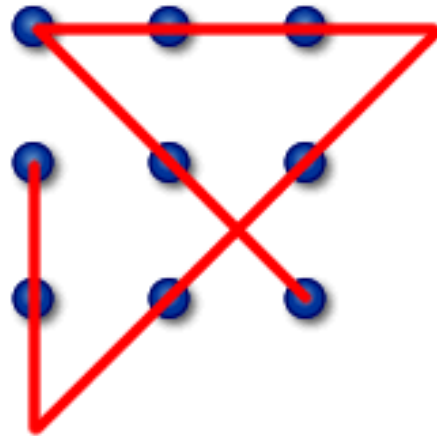


9-Dot Problem

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



9- Dot Solution





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

THE PAOMNNEHAL PWEOR OF THE HMUAN MNID. Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mttar in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

BRAIN GAMES



<http://channel.nationalgeographic.com/channel/brain-games/videos/rubber-hand-experience/>

Anger management:

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



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

Why Do I Get Angry?

- It's too loud _____
- An adult gets mad at me _____
- I break something _____
- I feel left out _____
- I lose a game _____
- My sibling and I fight _____
- I'm picked on _____
- I can't figure something out _____

How Do I Express Anger?

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



IMs

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



ROLE PLAY

- ① PEER TO PEER SITUATION
- ① SCHOOL SITUATION
- ① PARENT & TEEN SITUATION

Explaining Anger

http://www.youtube.com/watch?v=dEpzB-zS1fw&desktop_uri=%2Fwatch%3Fv%3DdEpzB-zS1fw&nomobile=1

Payback

Husband to wife: When I get mad at you, you never fight back. How do you control your anger?

Wife: I clean the toilet bowl.

Husband: How does that help?

Wife: I use your toothbrush.



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?

Early Identification Can...

- Help you sort out what you really feeling and not mask it with another emotion.
- Help you anticipate the emotion and know how you react to it.
- Identify uncomfortable or distressing thoughts and feelings that may cause anger.
- Manage anger responses and deal with the underlying emotion so that you can cope as effective as possible.



Never go to bed angry. . .

stay up

and plot your revenge!



Step Five - Thinking



ABCs of Thinking

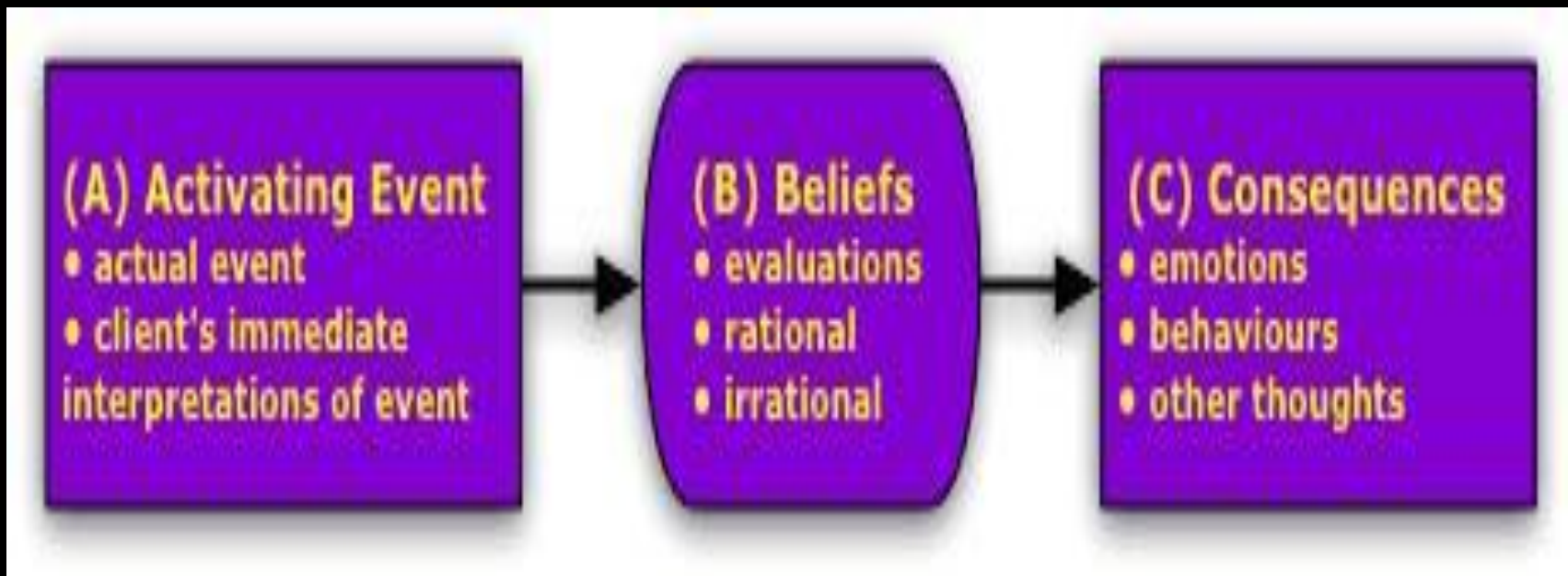


ABCs of Thinking

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



Cognitive Distortion Quiz

I think too much
and then
put myself in a

**bad
mood**



Distortion Quiz

“This job is the worst job I could possibly have. I hate it.”

Magnification

All or Nothing

Labeling

Distortion Quiz

“Mom and Dad always paid attention to you and never to me.”

Filtering

Disqualifying Positives

Catastrophizing

Distortion Quiz

“My last two relationships ended badly: I must be completely incompetent at love.”

Filtering

Jumping to Conclusions

Overgeneralization

Distortion Quiz

“It doesn’t matter that my boss complimented my work: since I didn’t get the promotion, I’m obviously a failure.”

Disqualifying Positives

Labeling

All or Nothing Thinking

Distortion Quiz

“My last two relationships ended badly: I must be completely incompetent at love.”

Personalization

Labeling

All or Nothing Thinking

Distortion Quiz

“I didn’t win this contest—they must think I’m a terrible writer.”

Personalization

Jumping to Conclusions

Overgeneralization

Distortion Quiz

“I have to move? This is awful! This will ruin everything I have set up in my life!”

Labeling

Catastrophizing

Overgeneralization

Distortion Quiz

“I have to move? This is awful! This will ruin everything I have set up in my life!”

All or Nothing

Catastrophizing

Jumping to Conclusions

Cognitive Distortions VIDEO



<http://www.bing.com/videos/search?q=anger+and+negative+thinking+styles&view=detail&mid=02CB82BFC28552884FB302CB82BFC28552884FB3&first=0&FORM=NVPFVR>

Challenging Distortions

- Identify Thought
- Examine the Evidence
- Double-Standard Method
- Shades of Gray
- Survey Method
- Define Terms
- Semantic Method
- Re-attribution
- Cost Benefit Analysis

- *From David Burns, The Feeling Good Handbook.*

Give It A Try...

- ◉ I got all A's and one B on my report card. I am a failure.
- ◉ I trip in the hall on my way to class I am a stupid clumsy loser.
- ◉ He didn't want to go out with me I will never have a boyfriend!
- ◉ Someone behind you knocks over a display and you feel like it's your fault.
- ◉ "He always makes me feel bad about myself!"

Finger Pointing



Should've Would've Could've and by the way it's all your fault!

Toxic Thinking



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"



RETHINK

- ⦿ **R** – Recognize your emotion
- ⦿ **E** – Empathize with the other person
- ⦿ **T** – Think about your thinking
- ⦿ **H** – Hear the other person
- ⦿ **I** – Integrate respect
- ⦿ **N** – Notice your physiological cues
- ⦿ **K** – Keep on the topic



***Changing your thoughts =
Changing your mind =
Changing your reality.***

Step Six

Relaxing

**Cooling
Down**

Calming



Relaxation Activities



Where's Your Place???



What's On Your Plate?

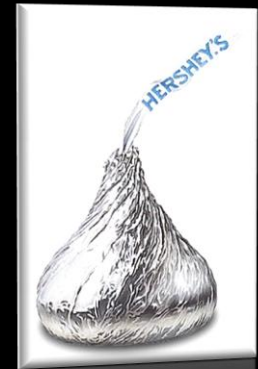


Control or No Control?

Letting It Go...



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.

Types of Meditation

- ① Deep Breathing
- ① Sitting Meditation
- ① Visualization
- ① PMR

REAL LIFE





Case Scenarios

- Synthesis Information
- Introduce Client
- Presenting Problems
- Past History
 - Trauma
 - Family Situation
 - Trouble with Law
- Design a Treatment Plan

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

Letting Go of Anger

<http://www.bing.com/videos/search?q=oprah+and+letting+go+of+anger&view=detail&mid=BD3E875EB30F35936E3EBD3E875EB30F35936E3E&first=0&FORM=NVPFVR>



Change will happen

if...

- The individual recognizes their anger is a problem.
- The individual is willing to explore ways to change his or her response to anger
- The individual will put into practice techniques learned

Change is never an easy process!

How long will it take to change?

According to the APA

“A highly angry person can move closer to a middle range of anger in about 8-10 weeks, depending on circumstances and the techniques used.”

Putting The Pieces Together





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...

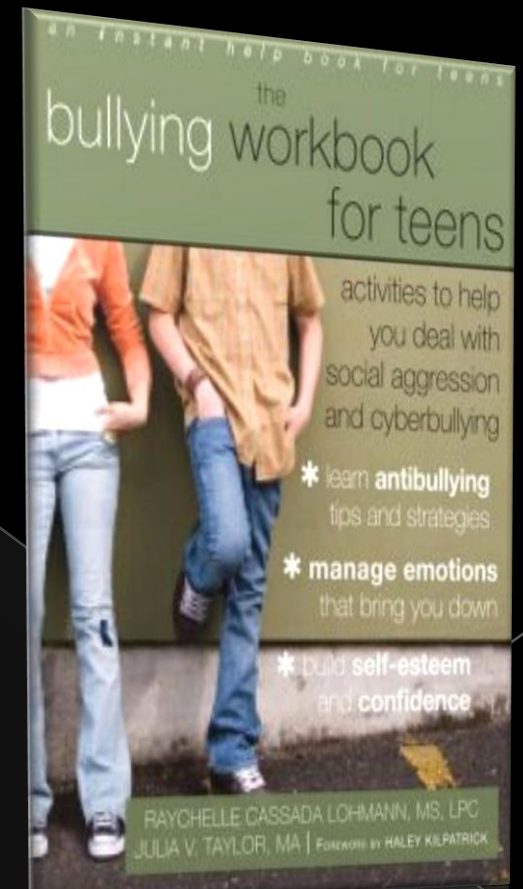
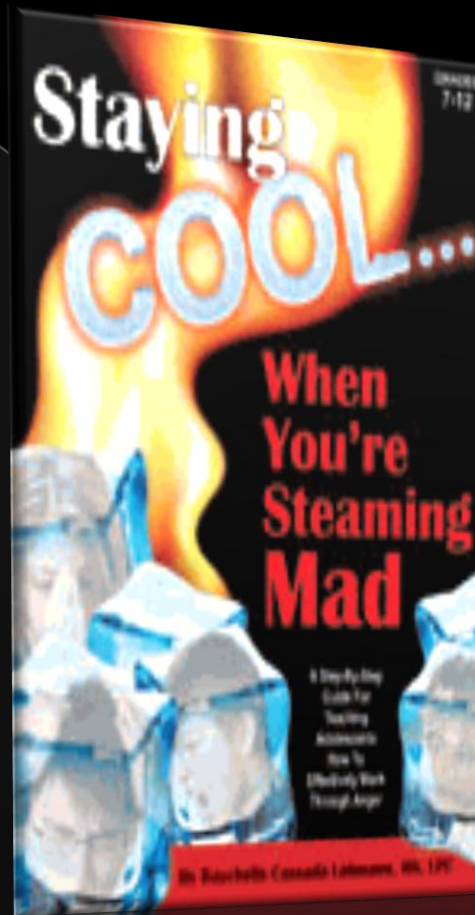
Presentation & Handouts



www.raychelleclohmann.com

Follow me on Twitter @RLohmann

BOOKS





WHERE TO FIND ME



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



<http://twitter.com/RLohmann>



<http://www.sharecare.com/user/raychelle-lohmann/bio>



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



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

The image features a central graphic consisting of a large red oval with a dark grey border. Inside this oval are several concentric red circles that create a tunnel-like effect, leading to a solid dark blue circle at the center. The text "That's all Folks!" is written in a white, elegant cursive font across the middle of the blue circle. The background is black, with a red triangle in the bottom right corner and a grey triangle in the top left corner, meeting at a diagonal line.

That's all Folks!