

## ANGER COPING SKILLS

This 3-session drop-in series is designed to help you manage your anger more effectively. You will have the opportunity to learn strategies to improve self-control so you can stop engaging in verbal abuse, threatening behavior, and violent acts.

**Who:** Any veteran who is ready to work on managing anger more effectively. *Anger Coping Skills is not designed to fulfill a court-ordered requirement for anger management treatment.*

**When:** Mondays from 11:00 a.m. to noon

**Where:** Check in at the MHC front desk (1P-154a) by 10:55 a.m. to register. You do not need an appointment.

**How Often:** Anger Coping Skills rotates through a three-session cycle (see below). You can start at any time, with any session. You are encouraged to participate in all three sessions, and you may repeat a session if needed. If you need more skills training than this series is designed to offer, you will be encouraged to talk with your treatment provider about referral to the Anger Management Group.

**Expectations:** You will be expected to practice your new skills between sessions. After your first session, you will fill out self-monitoring forms for review in sessions.

**Questions:** Contact Dr. Brent Walden at 612-467-1646

### Outline:

**All Sessions:** Overview of anger management, review of self-monitoring forms

**Session 1:** Anger basics, relaxation strategies (deep breathing, progressive muscle relaxation)

**Session 2:** Cognitive strategies (cognitive restructuring, thought stopping)

**Session 3:** Conflict resolution and assertiveness training

### Dates:

1/23/12	1	3/19/12	3	5/14/12	2
1/30/12	2	3/26/12	1	5/21/12	3
2/6/12	3	4/2/12	2	5/28/12	Holiday
2/13/12	1	4/9/12	3	6/4/12	1
2/20/12	Holiday	4/16/12	1	6/11/12	2
2/27/12	2	4/23/12	2	6/18/12	3
3/5/12	No group	4/30/12	3	6/25/12	1
3/12/12	No group	5/7/12	1	7/2/12	2