

## **Juvenile Anger Management Course Overview (TAME)**

- To teach new skills that will enable students to control their anger in provocative situations and decrease both overt and covert aggression as a response to anger.
- To increase the students' personal power by learning the skills necessary to communicate their needs and desires effectively.

### **Goals for students include:**

- Gain effective behavioral coping skills!
- Help improve social relations!
- Help to communicate needs and desires effectively!

Tools used to implement TAME include a self-monitoring tool known as the "hassle log," and active role play.

**TAME is a 9-session curriculum.** This course will be given two hours a week over 9 weeks. Session overview is as followed:

Session 1: Orientation and introduction of identification of emotions with emphasis on anger.

Session 2: Sequential analysis of behavioral incidents (activating event or trigger, behavioral response, consequences).

Session 3: Aggressive beliefs and interpretations.

Session 4: Relationship strategies and interpersonal techniques

Session 5: Self-instruction training.

Session 6: Anticipation of consequences/practice thinking ahead

Session 7: Problem solving.

Session 8: Relational aggression prevention/ build awareness of types of teasing and bullying.

Session 9: Program review.

\*All sessions and groups will be free of charge.