



Handbook of Anger Management: Individual, Couple, Family, and Group Approaches

By Ronald T. Potter-Efron

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Get the most from your ability to work with clients suffering the effects of chronic anger

The Handbook of Anger Management provides therapists and counselors with a comprehensive review of anger and aggression management techniques, presenting specific guidelines to a number of immediately useful methods. Clinical psychotherapist Ronald T. Potter-Efron, Director of the Anger Management Center At First Things First, LTD, in Eau Claire, Wisconsin, offers straightforward solutions to the complicated problem of anger, detailing core treatment options and intervention methods that meet the needs of individual clients, couples, families, and groups. This practical guidebook examines rage, aggression, hostility, resentment, hatred, anger avoidance, and chronic anger and includes fact-based case studies that illustrate effective theory and practice.

The Handbook of Anger Management guides therapists through the process of assessing anger in their clients, determining the reasons for—and the consequences of—anger and aggression. The book examines individual and group modalities, using behavioral, cognitive, affective, and existential/spiritual treatment approaches to define anger and anger problems and how they relate to social learning, to examine the relationship between anger and aggression and between anger and domestic violence, and to address the concept of “healthy anger.”

The Handbook of Anger Management examines:

- four major intervention areas that can help lessen anger
- the pros and cons of group versus individual counseling
- treating angry children, adolescents, and families
- how patterns of resentment and hatred are developed
- self-forgiveness
- five damaging aspects of anger turned inward
- the neurological aspects of anger
- and much more!

The Handbook of Anger Management is an essential guidebook for psychologists, social workers, anger management therapists, and domestic abuse counselors, and for academics working in mental health fields.

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- Sales Rank: #4448561 in Books
- Published on: 2005-03-21
- Ingredients: Example Ingredients

- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 6.25" w x .75" l, 1.32 pounds
- Binding: Hardcover
- 294 pages

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Editorial Review

Review

"PROVIDES EXCEPTIONALLY VALUABLE INFORMATION THAT WILL GREATLY ASSIST PSYCHOTHERAPISTS AND COUNSELORS helping their patients and clients deal with anger-related problems." -- *Charles D. Spielberger, PhD, ABPP, Distinguished Research Professor and Director, Center for Research in Behavioral Medicine and Health Psychology, University of South Florida*

"THIS IS THE COMPREHENSIVE GUIDE CLINICIANS HAVE BEEN WAITING FOR!" -- *Matthew McKay, PhD, Co-author of The Anger Workbook*

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From reader reviews:

Lillie Moreland:

Your reading 6th sense will not betray a person, why because this Handbook of Anger Management: Individual, Couple, Family, and Group Approaches book written by well-known writer we are excited for well how to make book that can be understand by anyone who else read the book. Written with good manner for you, dripping every ideas and writing skill only for eliminate your personal hunger then you still uncertainty Handbook of Anger Management: Individual, Couple, Family, and Group Approaches as good book not merely by the cover but also by the content. This is one guide that can break don't determine book by its cover, so do you still needing yet another sixth sense to pick that!? Oh come on your reading through sixth sense already told you so why you have to listening to a different sixth sense.

Robert Burke:

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