

CBT with Anger and Irritability

Frequent irritability is a demanding condition which requires the therapist to be at home with all elements of CBT.

A 3-day course for 6-15 people (2-day version also available).

Executive Summary:

Being irritable and angry is remarkably common, and can devastate the sufferer's life in terms of broken relationships, employment, general enjoyment, and sometimes, criminal conviction. It can be a complicated area with a range of variations, and this course aims to give a comprehensive CBT solution. The course is written by William Davies, author of the bestselling *Overcoming Anger and Irritability* book (Constable & Robinson) and parallels it to a degree.

The aims of the course:

The course aims to provide you with a good understanding of the causes and maintaining factors for irritability and anger, and the necessary range of CBT techniques to produce an effective intervention.

What the course covers:

A clear theoretical model: the interplay between the "primitive brain" (the limbic system and cerebellum) and the "rational brain" (the cerebrum). This is a model which "hits the nail on the head" for many people who regularly experience anger and irritability. They can readily imagine the neurological processes described, happening inside their own heads.

The number of case examples is very well received. Examples range from the relatively trivial (irritation at someone leaving a door open near a draught) to the tragic (a man getting so angry with his wife that he murders her in a fit of rage). This means that you are able to identify with a number of the examples and clinicians report using *Overcoming Anger and Irritability* as a standard text in treating anger and irritability.

It is against the background of having a clear theoretical model and a number of case examples that the techniques are discussed. The interventions described are explicitly based on cognitive behavioural therapy and, therefore, in line with modern CBT will be grouped under the following headings:

Cognitive. For example "attribution of intent". This is where, when you find that something that somebody does is irritating, you "attribute intent" to that person. In other words, you think they are doing it deliberately to annoy you. Or, in a slightly milder version, simply not caring whether it annoys you or not. Most of the major interventions on this course are cognitive ones.

Behavioural. The simple expedient of counting to ten, mentioned above, is a good example of a behavioural intervention. There are much bigger and better behavioural interventions also; ones which aim at producing a fundamentally less irritable person (rather than a simple expedient to deal with irritability when it occurs).

Environmental. Some environments invite displays of anger. For example, someone who frequently got into fights in his local (rough) pub attempted to remedy this by frequenting a pub that was 5 miles away and had a much more relaxed atmosphere. Most situations that cause irritability or anger have an environmental option as one possible solution.

Social. For example refraining from mixing with people who encourage you to display your anger (get into fights) or, at a lower level, avoiding people who irritate you. (It is not always the case that the irritated person is "irritable", sometimes the other person really is "irritating").

Emotions. Emotions such as depression make one more likely to be irritable, and therefore need to be tackled head on. Relaxed and happy people tend not to be irritable.

Summary:

The CBT for Anger and Irritability course comprises of a clear theoretical description of how anger and irritability come about, followed by case examples, and then by relevant interventions for remedying the problem, and is intended for all professionals working with this widespread and destructive problem.

Delegates' Feedback

Average presentation rating: **94%**



Average relevance rating: **92%**



Written Feedback:

"Awesome would describe this course. Has a brilliant wow factor. So much good information and discussion during these two days."

To discuss or place an order call **0116 241 8331** or email office@apt.ac

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

APT, The Dower House, Thurnby, Leicestershire, LE7 9PH | Tel: 0116 241 8331 | Email: office@apt.ac | Web: www.apt.ac