

Overcoming Anger and Irritability

Written by William Davies, the author of *Overcoming Anger and Irritability*, this is a top 'anger management' course.

A 3-day Course for 6-15 people.

Executive Summary:

Anger is a major problem for those concerned, those around them and the professionals trying to help. It can wreck the enjoyment potential of people's lives, lead to serious relationship break-ups and, in extreme cases, serious criminal offences. Trying to intervene can be frustrating and worrying.

This acclaimed course is based on the book *Overcoming Anger and Irritability* (Constable and Robinson) and written by the same author (William Davies). As well as the course workbook every delegate receives a copy of *Overcoming Anger and Irritability*. The course aims to provide you with the most effective psychological interventions to help angry, irritable and violent people to change..

The course covers:

- The Nature of anger, irritability and violence, and their effects.
- People who don't believe their anger is a problem.
- Case-conceptualisation, especially deciding if anger and violence should form the main focus of the treatment, or if they are part of a broader problem e.g. depression, anxiety or PTSD.
- How to help someone develop insight; some people who are relatively unaware of their anger.
- How to help someone develop empathy for the recipient of their anger. Why this is important and how you can achieve it.
- What when the person feels that to be angry is 'how they are'? And what when they say it is 'part of the job'.
- The broader picture. In some situations others reinforce anger; the 'system' is maintaining it. How do you review the system?
- An overall model for understanding anger, irritability and violence.

Interventions:

- Motivating the unmotivated. There is very little that can be done to help someone who isn't motivated to change, and this is especially pertinent in anger.
- The biological factors which can massively increase a person's irritability and anger. Why it is important to address these well, and early on.

- Behavioural factors and interventions. How some minor behavioural 'ploys' can have effects out of all proportion to their size, while other times little short of major life reconstruction will do.
- 'First Aid': Self-talk, imagery and behaviour that can help the person withstand anger-provoking situations. 'Counting to 10': while not sufficient in its own right this is an example of an important class of interventions.
- Increasing feelings of self-efficacy by building on Success. Many angry people have strategies that work well for them and can be expanded into recognised and effective interventions.
- Relaxation training. Used well – and using the best techniques - this can be very effective.
- Benign humour. Many angry people also have a keen sense of humour that you can use to help them. Use of humour also has major traps. We examine both.
- Cognitive Behavioural. Considerable success has been reported using CBT methods. And there are key skills to acquire if this is to be used effectively.
- Extreme anger and planned violence caused by dwelling and brooding. How to disrupt and divert this effectively.
- An Overview of working with irritable and angry people in the most effective ways, including choosing methods to match the person, and how you can obtain support.

What this course will do for you:

- You will know about the nature of anger and irritability, how destructive they are, and how important it is to be able to treat them. You will have an overall model for understanding them.
- You will be able to differentiate 'pure' anger and irritability as opposed to when they are a reflection of problems such as depression, anxiety, PTSD etc. You will know how to respond accordingly.
- You will be aware that it is necessary for angry people to be well motivated if they are to stand a chance of changing, and you will know how to achieve that.

Continued Overleaf

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- You will know about the biological factors that can massively increase a person's irritability and anger, and be able to address them well, and early.
- You will know how some minor behavioural 'ploys' can have effects out of all proportion to their size, while other times little short of major life reconstruction will do.
- You will know about Self-talk, imagery, metaphors and behaviour that can help the person withstand anger-provoking situations.
- You will be able to employ a radical 'building on Success' approach to avoid dwelling on provocative situations, build self-efficacy and overwhelm anger with success.
- You will know about the best Relaxation techniques to use, and how effective these can be.
- You will know about the key 'higher order' CBT strategies that are effective with anger.
- You will be able to address case studies - including case studies of extreme anger and planned violence – and plan effective interventions.
- Overall, you will be more knowledgeable about anger, irritability and violence, and more effective in its treatment.

Delegates' Feedback

Average presentation rating: **96%**



Average relevance rating: **94%**



Written Feedback:

"Best Course I have ever attended will greatly benefit from having learnt about how to overcome and anger and irritability. No criticisms whatsoever."

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