

Resource Guide



WITH THE IMPROV TROUPE

Anger Management

Grades 9-12

HOT TOPICS

Thank you for watching Hot Topics With The Improv Troupe.

We have included a list of resources for you to use to prepare yourself for further educational discussion. These resources include books and articles for educators, parents, and students. Also included are a number of web sites you can review for more information. Please consult with your school administration prior to sharing any of these resources directly with students. These resources are also available to help further your understanding of a student who may be experiencing some difficulty.

Some of the concerns addressed in the series may be difficult to discuss with students. We strongly encourage you to “touch base” with student support staff, such as counselors, social workers, and psychologists. Use these school professionals as resources for continued classroom discussion or to refer students for counseling. They also can direct students and families to other public and private resources for additional help.

The resources for **Hot Topics With The Improv Troupe** were compiled by the following Fairfax County Public Schools, Department of Student Services:

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ARTICLES

Articles

DeBord, Karen, Ph.D., and Marilyn Gore. "Facing Life-Sized Issues—Empowering Teens With Problem-Solving Skills." *The Forum for Family and Consumer Issues*. North Carolina State University. Fall 1996.

This article reviews statistics concerning violence and anger difficulties that young people face today; a programmatic framework—based in the “caring” literature—is offered. The article says that this caring framework can under gird training programs for adults working with young people in schools, families, and community organizations.

Murray, Bridget. "Boys to Men: Emotional Miseducation." *APA Monitor Online*. July, August 1999.

This APA Monitor article explores research that suggests that our culture is emotionally crippling boys and that current stresses continue to send today's young males down a troubled path filled with violence and a lack of emotional awareness.

Snyder, Karen V., Paul Kymissis, and Karl Kessler. "Anger Management for Adolescents: Efficacy of Brief Group Therapy." *Journal of the American Academy of Child and Adolescent Psychiatry*. November 1999.

This article explored the authors' attempt to investigate the efficacy of a brief, manual-based group therapy for adolescents with poor anger control. A previously developed anger management treatment package of 10 to 12 sessions was condensed to a four-session package to be given within two weeks. The pre and post self-report measures, as well as behavior ratings by adults, indicated that the young people who went through the anger management series exhibited significantly improved skills. These results suggested that the intervention for adolescents was effective even though it was condensed but that it should not be further abbreviated.

Books

Bohensky, Anita. *Anger Management Workbook for Kids and Teens*. Growth Publishing. 2001.

Says Dr. Bohensky: "Too much anger can be costly, both physically and emotionally. Most kids and teens can use their anger in appropriate ways in some situations, and yet be ineffective in others. The *Anger Management Workbook for Kids and Teens* reduces levels of anger, especially in provocative situations. Kids and teens will learn effective coping behaviors to stop escalation and to resolve conflicts. Graduated homework assignments allow participants to apply their newly acquired skills. The *Anger Management Workbook for Kids and Teens* employs the three major anger control interventions by using model presentations, rehearsal, positive feedback, and promoting. The workbook is designed especially for adolescents and preadolescents."

Cushman, Kathleen, and William S. Pollack. *Real Boys' Workbook: The Definitive Guide to Understanding and Interacting With Boys of All Ages*. Villard Books. May 2001.

The *Real Boys' Workbook* is a unique, instructive workbook, full of advice, exercises, and stories to help parents, professionals, and boys themselves understand boys—and how to make life with them better.

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Crum, Thomas, et. al. *The New Conflict Cookbook: A Parent/Teacher Guide for Helping Young People Deal With Anger and Conflict*. Aiki Works. 2000.

Written for parents and teachers working with teenagers addressing conflict and anger management, this book presents a unique perspective on these issues. It uses a series of kinesthetic exercises to help young people manage their anger. These exercises, based on the martial art of Aikido, have proven effective in helping teens develop skills for understanding conflict and stress in a positive manner.

Eggert, Leona L. *Anger Management for Youth: Stemming Aggression and Violence*. National Educational Service. 1994.

This work presents a cognitive approach to anger management education and counseling for teens. It recommends a small counseling group approach so as to employ peer support.

Golden, Bernard. *Healthy Anger: How to Help Children and Teens Manage Their Anger*. Oxford University Press. March 2003.

In *Healthy Anger*, Dr. Golden draws on more than 20 years of experience as a psychologist and teacher to offer specific and practical strategies for helping teens manage their anger constructively. Dr. Golden argues that anger is a natural human emotion intricately connected with a range of other thoughts and feelings. Golden has developed a set of skills that parents, teachers, and counselors can use to show teens how to identify the causes of their anger; how to respond to anger in ways that lead to an internal sense of competence and self-control; how to use anger to understand their own emotional situations; and how to develop a greater capacity toward themselves and others.

Gottlieb, Miriam M. *The Angry Self: A Comprehensive Approach to Anger Management*. Zeig, Tucker, & Theisen, Inc. December 1999.

Dr. Gottlieb has written this book to be used as a workbook that a teen can use directly to work on his or her anger control or as a toolbook that a professional working with an angry young person can use. The suggestions are practical and informed.

Harbin, Thomas J. *Beyond Anger: A Guide for Men: How to Free Yourself From the Grip of Anger and Get More Out of Life*. Marlowe & Co. 2000.

Harbin wrote this book specifically for adult men to help them resolve issues of anger in their lives. It can be used effectively with teenage men as well. It will help them foresee some difficulties that their unresolved anger may cause them in later years and instruct them as to how they can begin to work on managing their current troublesome anger.

Heyman, Richard. *How to Say It to Teens: Talking About the Most Important Topics of Their Lives*. Prentice Hall Press. July 2001.

This book offers practical advice to parents and professionals working with teens. It explicitly shows how to speak with adolescents about issues of importance to them, including anger and violence. It gives precise words to use to help open and continue using lines of communication with teenagers.

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Kindlon, Daniel J., et. al. *Raising Cain: Protecting the Emotional Life of Boys*. Ballantine Books. April 1999.

Daniel J. Kindlon, Ph.D., and Michael Thompson, Ph.D., share what they have learned in more than 35 years of combined experience working with boys and their families. Their portrayal is of boys who are hurting. These boys are sad, afraid, angry, and silent. The authors wonder about what boys need that they are not getting. They describe the social forces that threaten our boys, teaching them to believe that "cool" equals macho strength and stoicism.

Lerner, Harriet. *The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships*. HarperCollins. 1997.

Dr. Lerner's book discusses the anger that adult women confront in their lives, in their relationships with family and friends, and in their careers. While the book is intended for an adult audience, it is an excellent resource for parents and professionals working with adolescent women as well.

Potter-Efron, Ronald T. *How to Control Your Anger (Before It Controls You): A Guide for Teens*. Johnson Institute, Inc. 1998.

This booklet-brochure from the Johnson Institute, an educational and addiction treatment center, offers teens methods to manage their anger so that it will not cause destructive behaviors.

Potter-Efron, Ronald T. *Stop the Anger Now: A Workbook for the Prevention, Containment, and Resolution of Anger*. New Harbinger Publishers. 2001.

Dr. Potter-Efron makes anger control a manageable skill that anybody can learn. This book offers an engaging combination of incisive questions, realistic scenarios, and interactive strategies that helps people gain an awareness of their angry thoughts, feelings, and actions. The exercises that Dr. Potter-Efron proposes help readers learn what triggers anger, how to recognize and avoid danger situations, how to diffuse anger when it flares up, and how to turn rage into energy for finding solutions.

Schiraldi, Glenn R., and Melissa Hallmark Kerr. *The Anger Management Sourcebook*. Contemporary Books. June 2002.

This book helps the reader recognize the symptoms of "excessive" anger, identify personal "triggers" that lead to anger, and develop both cognitive and behavioral approaches to anger management. While it is written with adults in mind, it is a valuable resource for professionals working with angry adolescents.

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Books for Teens

Carter, Betty, and Sally Estes, Linda Waddle. *Best Books for Young Adults*. American Library Association. July 2000.

This revised and expanded second edition from Ms. Carter once again gives a large selection of books for adolescent readers on a variety of topics, including many on health promotion topics.

Counseling Tools

Berg, Berthold, Ph.D. "The Anger Control Game." CognitiveTherapeutics.

This game is derived from cognitive-behavioral clinical research literature, which helps students identify feelings and analyze the thought processes that engender those feelings. The game is a great addition to working with counseling groups in a school setting.

Videos

"Anger Management." Educational Video Network. 2001.

This video teaches what causes anger and helps readers understand why our bodies react as they do when we're angry. Also, effective techniques for assuaging anger are discussed. Students will understand that, in the long run, issues that anger them are more likely to be resolved when they restructure their thinking and communicate calmly.

Web Sites

wholechild.net/index.htm

This is the web site for the Whole Child/Adolescent Center that provides varied information about psychological issues and teenagers.

www.apa.org

This is the web site for the American Psychological Association and includes access to the APA Monitor Online, an informative web journal.

www.innergames.com

This web site contains games that can be used in a counseling setting when one is working with students to help them understand and manage their anger and other issues.

www.ncpc.org

This is the web site of the National Crime Prevention Council, known for the McGruff Crime Prevention Dog has an extensive list of resources for young people and their parents and professionals working with teens on violence prevention and health promotion. The council produces much more than just McGruff.

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