



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

Ron 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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