

## **Anger Group Report**

November 1, 8, 15, 22 2018

Facilitators: James Rye, Hannah Cooper

### **Attendance**

The group ran for four weeks on a Thursday morning from 10:30 – 12:00. Six people attended the first session. One person stopped coming after the second session for unknown reasons. Another three sessions were missed for known reasons (sickness, having to attend another course).

A maximum of 24 attendances were possible (six people with four each). 79% attendance (19 out of 24) was recorded.

### **The Attendees**

Although the group was open to anyone, all of the attendees were referred to us (and encouraged to attend) by the St. Giles Trust. They were all female. Although the women did not know each other before attending, they seemed a relatively homogenous group, and in the eyes of the facilitators, this contributed to the group's success. Most of them shared a common "case worker" who was interested in their attendance.

### **Curriculum**

The course had the following objectives. By the end of the course it was hoped that attendees would have:

- A greater understanding of what is happening in the mind and body when anger appears.
- Simple tools to help cope with extreme anger, and any dysfunctional anger expression.
- A greater understanding of their own core beliefs of self-worth and how this can relate to aggression.
- An increased awareness of their own resources for coping.
- A greater confidence to face anger more productively in the future.

The course covered topics such as:

- The biology of anger.
- Is anger normal?
- Who is responsible for your anger?
- Strategies for avoiding triggers, anger contexts, anger generating physiology, and unhelpful thinking.
- How to challenge untrue CORE beliefs with both behaviour and questioning.
- Avoiding aggression and being more assertiveness.

Group members were encouraged to share experiences where they had been excessively angry. This practice was continued throughout the four sessions with members becoming more open, showing how they had been able to relate their learning to their personal situations.

### **Outcomes**

At the end of the course attendees were invited to submit their honest feedback. Their anonymous comments are listed below (with their knowledge and permission):

“The course has helped me change the way I think and react in stressful situations.”

“The story telling was good and has helped me reject other people’s monkeys.”

“I’ve learned that it is ok to be angry.”

“I’ve been able to change the way I react and to stop being violent and aggressive.”

“I’ve been able to see that I have choices.”

“The parrot has helped me keep things in perspective.”

“I have learned how to control my anger a million times better than when I first started the course.”

“I now choose to avoid a lot of people and things that used to affect me badly.”

“It’s been good. I’ve had a laugh and I have realised that it is ok to have feelings, no matter what other people may say.”

“It has helped me in so many ways.”

“I am able to no longer let people get me down or get me to a point of being angry in a wrong way.”

“I act in a different way and think a lot differently.”

“I would recommend this course to anyone.”

“It’s been very important, all of it, and I learned a lot. The monkey story was helpful.”

### **Future**

It appears that the attendees found it useful and responded well. The facilitators therefore believe that it is a course that should be repeated in the future.