



# **Understanding and Managing my Anger Group Report**

**June 2018**

Facilitators: James Rye and Hannah Cooper



## **Attendance**

The group ran for four weeks on a Thursday morning from 10:30am – 12:00noon. Three people attended all four sessions.

A maximum of 12 attendances were possible (three people with four each). 100% attendance was recorded.

## **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, and 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):

“I have gained a lot of knowledge about myself in a relaxed and friendly atmosphere.”

“The length of the sessions is ideal, but six weeks instead of four would have been better.”

The coffee and biscuits were great too.”

“The course was very well organised and efficient.”

“The facilitators were friendly and approachable.”

“The length of the sessions was good, but I would have welcomed more of them.”

“I felt safe and able to express myself with ease.”

“The ‘funny stories’ helped me understand and consolidate what I was learning.”

“I have learned about different types of anger and about how much inappropriate anger can hurt the other person.”

“The small group really has helped me.”

“This course has really helped me a lot to control my anger and has helped me have a happier home life.”

“The course was run brilliantly. The facilitators helped me feel relaxed about saying what was making me angry.”

## **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.

There is a feeling from the attendees that the course should have been longer, and this request needs to be considered in any future planning.