

SMART Anger Management[®]

A "Choose and Use" Approach



Selection Menu for Anger Reduction Treatment

Howard Kassinove, PhD, ABPP, Hofstra University
and
Raymond Chip Tafrate, PhD, Central Connecticut State University

Appropriate Data Gathering Questions in Anger Management

Tell me a bit about your anger.

What sets you off?

How often do you feel angry?

How intense is your typical anger experience?

When you become angry, how long does it typically last?

Do you often think about getting even with the source of your anger?

Do you have plans for revenge?

Tell me about some of the benefits of your anger?

Tell me about some of the costs of your anger?

At what temperature do you set the thermostat in your home?

What did you have for dinner last night?

What is your favorite snack food?

Tell me a bit about your sleep habits?

Tell me a bit about the kind of music you listen to.

What does your home smell like?

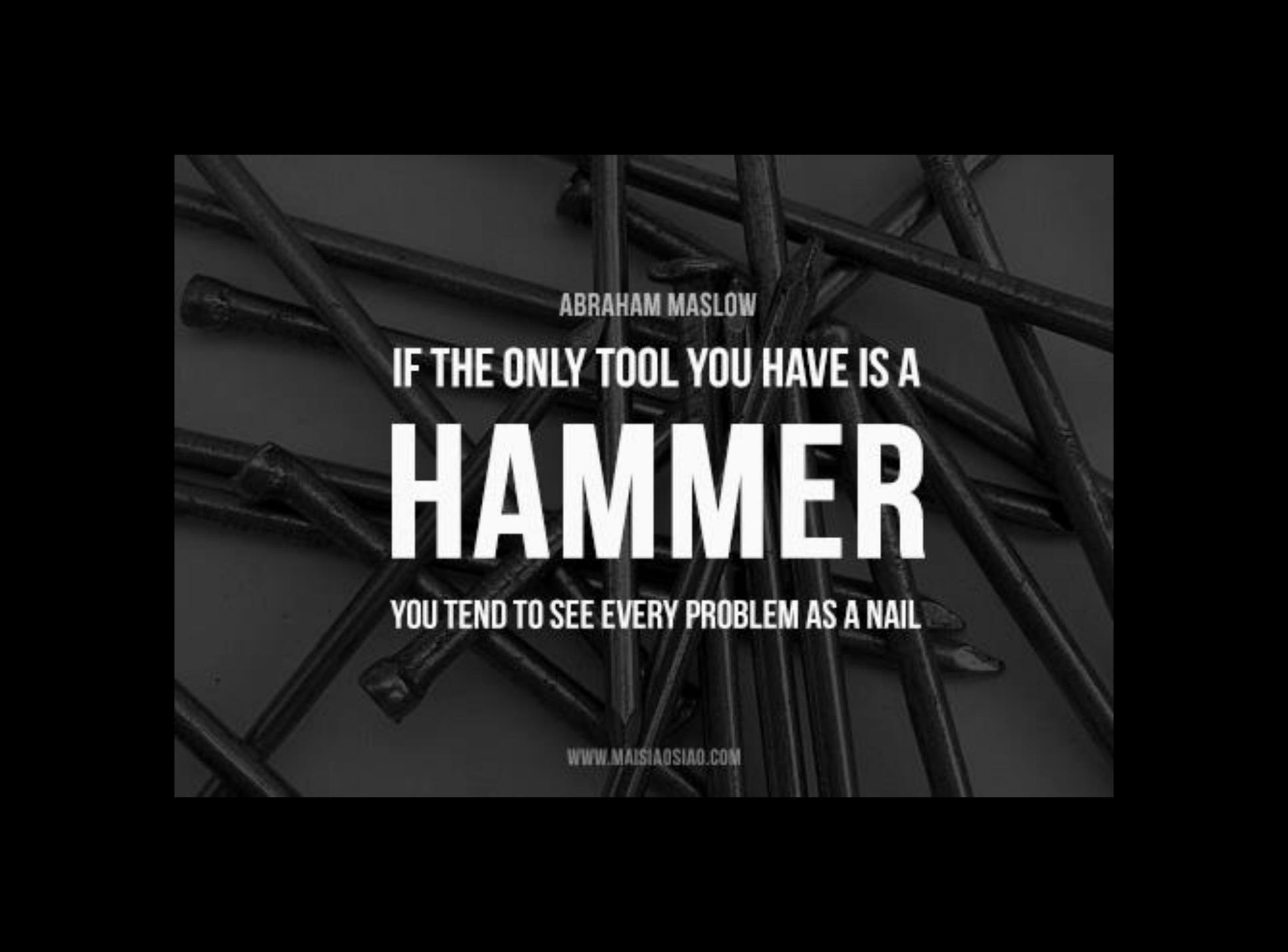
What color is your living room?

My Background in Practice

Practiced

- Operant conditioning
- Systematic desensitization
- Assertiveness training
- Paradoxical techniques (joining the resistance)
- Modeling
- Aversion therapy
- Exposure and response prevention
- Flooding
- Rational emotive behavior therapy
- Behavioral activation therapy
- Covert conditioning

Yet, I never felt satisfied AND I failed with a percent of cases



ABRAHAM MASLOW

IF THE ONLY TOOL YOU HAVE IS A

HAMMER

YOU TEND TO SEE EVERY PROBLEM AS A NAIL

WWW.MAISIAOSIAO.COM

Problem: Lack of Respect and Flexibility

1) Each angry patient is like,

All other angry adolescents and adults

Some other angry adolescents and adults

No other angry adolescent and adult

2) Goals and constraints of settings are different;

- **Private practice:** Freedom; To help with anger
- **Public school/college** Improve the ability to profit from education by reducing anger
- **Prison/probation** Custody / Punishment / Therapeutic relationship?
- **Hospital** Who is in charge / Who is paying? / Serious & Comorbid
- **Hofstra's anger clinic** What will be told to the probation department?

Psychotherapy Traditions

- Traditional CBT active-directive style:
 - try to convince patients through an examination of the evidence
 - rarely works with those who are unmotivated to change
- Forceful change message from the practitioner:
 - often results in strengthening patient's arguments that their anger is necessary, proper, and valid

Respect, Individual Differences, and

Motivation (not emphasized because it was

less pertinent to problems of depression and anxiety)

Restaurant Behavior -1

Waiter:

Tonight we have Rocky Mountain Oysters on the menu.

They are quite good.

So, you will have them for your meal!

Outcome?



Restaurant Behavior -2

Waiter:

Tonight we have Rocky Mountain Oysters and Octopus Arms on the menu.

They are quite good.

So, pick one of them to have.

Outcome?



Restaurant Behavior -3

Waiter:

Tonight we have our regular menu of many kinds of fish, meat, and pasta - plus two specials.

These are Rocky Mountain Oysters and Octopus Arms.

You can try one of the specials, or you can choose from the regular menu.

I'll give you a few moments to decide.

Outcome?

Choices

We all like restaurant choices

Choices connote freedom and reduce resistance

Who makes the choices in anger management?

How are the choices made?

That's where **SMART - Choose and Use**

comes into play

Then, I re-connected with Dr. Tafrate

- He had developed expertise with Motivational Interviewing
- I Initially rejected it, as I thought it was “just” Rogerian Counseling
- He convinced me
- That led to

S.M.A.R.T. Anger Management

and the

Choose and Use Menu

NON-MANUALIZED FLEXIBLE APPROACH

SMART[®] Treatment for Disruptive Anger

- 1) Preparation and Engagement
Psychoeducation: *Anger Episode Model*
Increase anger awareness
Increase motivation / Reduce resistance & blame
- 2) Change Anger Triggers
Lifestyle management: Food, alcohol, sleep, music, colors, smells
Sidestep provocations: Avoidance and escape
Find new solutions to social problems
- 3) Change Thoughts that lead to anger
Change the way you think about your life
Let it go. After all, words are just words
Forgive: the unthinkable solution
- 4) Change internal anger experiences
Physical arousal (relaxation, mindfulness, meditation)
Exposure to practice healthier reactions
- 5) Change anger expression
Improve social and interpersonal skills
Express anger assertively / Develop perspective taking skills
- 6) Live a happier life
Positive psychology principles

SMART[®] Treatment for Disruptive Anger

- 1) Preparation and Engagement
Psychoeducation: *Anger Episode Model*
Increase anger awareness
Increase motivation / Reduce resistance & blame
- 2) Change Anger Triggers
Lifestyle management: Food, Alcohol, Sleep, Music, Colors, Smells
Sidestep Provocations: Avoidance and Escape
Find new solutions to social problems
- 3) Change Thoughts that lead to anger
Change the way you think about your life
Let it go. After all, words are just words
Forgive: the unthinkable solution
- 4) Change internal anger experiences
Physical arousal (relaxation, mindfulness, meditation)
Exposure to practice healthier reactions
- 5) Change anger expression
Improve social and interpersonal skills
Express anger assertively / Develop perspective taking skills
- 6) Live a happier life

Sustain Talk

Definition:

Speech that:

- involves counter-change verbalizations
- favors maintaining the status quo or not changing
- In the anger area, takes the form of justifications, blame, or rigidity
 - *I'm not going to be a doormat. I'm going to stick up for myself.*
 - *It was her fault.*
 - *This is just the way I am. They better get used to me.*

Change Talk

Definition

Any speech that favors movement toward, and commitment to, change

Preparatory Change Talk

- D**: Desire *I want a better relationship with my partner, with less fighting and drama.*
- A**: Ability *I could probably listen before I react next time.*
- R**: Reasons *If I could keep my cool at work, I think I would be more successful.*
- N**: Need *I should stop and walk away before things get out of hand.*

Mobilizing Change Talk

C: Commitment

I'll reach out to Casey next week and apologize for what happened.

A: Activation

I'm planning to start taking a walk after work to clear my head.

T: Taking Steps

I looked on the internet and found some relaxation programs that I think would help me become less reactive when crap happens to me.

Patient Says...

Over the years my temper has cost me a lot.

I've lost many relationships in my life.

I can't fix the past.

The next thing you would say...

Patient Says...

*I shouldn't have yelled at my son.
I'm trying to be a more patient father.*

The next thing you would say...

SMART[®] Treatment for Disruptive Anger

- 1) Preparation and Engagement
Psychoeducation: *Anger Episode Model*
Increase anger awareness
Increase motivation / Reduce resistance & blame
- 2) Change Anger Triggers
Lifestyle management: Food, alcohol, sleep, music, colors, smells
Sidestep Provocations: Avoidance and Escape
Find new solutions to social problems
- 3) Change Thoughts that lead to anger
Change the way you think about your life
Let it go. After all, words are just words
Forgive: the unthinkable solution
- 4) Change internal anger experiences
Physical arousal (relaxation, mindfulness, meditation)
Exposure to practice healthier reactions
- 5) Change anger expression
Improve social and interpersonal skills
Express anger assertively / Develop perspective taking skills
- 6) Live a happier life
Positive psychology principles

SMART[®] Treatment for Disruptive Anger

Lifestyle management: Weather



SMART[®] Treatment for Disruptive Anger

Lifestyle management: Food / HANGER

- Food contributes to the development of anger
- Cause:
 - too many carbohydrates,
 - deficiencies in magnesium (helps muscles relax)
 - other vitamins and minerals
- People who live mostly on processed foods (white flour and white sugar) are more likely to experience anger than those who consume large amounts of fruits, leafy greens, and beans
- Problem relates to the amount of sugar in the blood

SMART[®] Treatment for Disruptive Anger

Lifestyle management: Food / HANGER

- Prison inmates have poor diets, much anger and aggression
- Criminologist Bernard Gesch had a few hundred young institutionalized offenders take pills that contained either vitamins, minerals and essential fatty acids, OR placebos with no nutritional value
- Outcome: Inmates who got the nutritional supplements committed 26% fewer offenses, with the greatest reduction occurring in serious violent crimes
- Other studies have shown a 40% reduction in anger and violent behavior when inmates were given supplements

SMART[®] Treatment for Disruptive Anger

Lifestyle management: Food – Why?

1. After eating, carbohydrates, proteins and fats are digested into simple sugars (glucose) and fatty acids
2. Glucose enters bloodstream, provides energy to organs/tissues
3. Eventually blood glucose level decreases
4. Irritability increases as glucose plummets
5. When guard is down, (e.g., with friends) angry urges and behavior emerge
6. Along with anger, you may eat more sugary foods in the quest for energy

Goal: steady glucose in the system

SMART[®] Treatment for Disruptive Anger

Lifestyle management: Food

Glycemic Index / Glycemic Load

- **High glycemic index foods** lead to an immediate spike in blood sugar, which then disappears rapidly.
- High glycemic foods seem filling and tasty, and feel good immediately after eating them. But, you quickly need more sugar to control emotional reactions
- **Low glycemic index foods** lead to a longer blood glucose supply for your body, more steady thinking, and less anger

SMART[®] Treatment for Disruptive Anger

Glycemic Loads

Low = Less than 10

Apple (6)
All bran cereal (4)
Baked beans (7)
Barley, coarse (7)
Black beans (7)
Cashews, salted (3)
Cheddar cheese (0)
Eggs (0)
Grapefruit (3)
Hummus (chickpea salad dip) (0)
Ice cream, regular, average (8)
Microwave popcorn (8)
Milk, full fat (3)
Peach (5)
Peanuts (1)
Pumpnickel bread (6)
Tomato juice, canned, no sugar added (4)
Watermelon (4)

High = more than 20

Bagel, white, frozen (25)
Colas (15)
Cornflakes (21)
Couscous (23)
Cranberry juice (24)
Cream of wheat, instant (22)
Dates (42)
Kugel (egg noodles, sugar, cheese) (31)
Macaroni, Macaroni and cheese (32)
Pizza, cheese and tomato sauce (22)
Pop tarts, double chocolate (25)
Potato, baked (26)
Rice, quick cooking white basmati (23)
Raisins (28)
Sirloin chop, vegetables and potato (35)
Spaghetti (26)
Strawberry processed fruit bars (23)
Vanilla cake (24)

SMART[®] Treatment for Disruptive Anger

Lifestyle management: Sleep

- Lack of sleep leads to many problems, including irritability
- We have a word for this – **SLANGER** or Sleep Deprived Anger
- Poor or inadequate sleep is associated with anger/aggression. In healthy adolescents, prison inmates, juvenile offenders, etc.
- Sleep problems are important in cases of intimate partner violence, school and cyber bullying, and violence in psychiatric hospitals
- Most people get about 6 ½ hours per night
- Most of us desire about 8 hours each night, and scholars conclude that is required to function at our best

SMART[®] Treatment for Disruptive Anger

Lifestyle management: Sleep

- **Work** is one factor that influences sleep habits
- 2010 U.S. National Health Interview: 15 million Americans work full-time on evening, night or rotating shifts
- 19% of adults work > 48 hours week / 7% work > 60 hours week
- Pilots, flight attendants, emergency room doctors, police officers, firefighters, restaurant wait staff, and combat personnel, mothers and fathers and other child caretakers, and college students
- Older adults often get less sleep than they did in earlier years
- Other contributor : globalization and the 24-hour-per-day economy

SMART[®] Treatment for Disruptive Anger

Lifestyle management: Sleep - Why

- Relationship between sleep disturbances and anger seems to be caused by disruptions in the normal *circadian rhythm pattern*
- Human beings, other animals, and plants and bacteria, respond predictably to built-in, genetically determined, 24 hour cycles
- Our programming: most alert in daylight and sleep in darkness
- When this rhythm is disrupted, anger and aggression increase
- There is a worsening of cognitive performance, poorer decision making and impulsiveness when sleep is disrupted

SMART[®] Treatment for Disruptive Anger

What to do about sleep?

EATING AND DRINKING

- (1) Don't eat a big meal right before bedtime.
- (2) Alcohol does make most folks sleepy. However, after a few hours it awakens you
- (3) Drinking anything before bedtime is bad. It increases the need to urinate

LIGHTS AND NOISES

- (4) Power down electronics. They create a blue light that interferes with sleep
- (5). Have faith in your alarm by placing your clock out of sight
- (6) Keep noise to a minimum

BEDROOM HYGIENE

- (7) If possible, go to sleep and wake up at roughly the same time every day
- (8) Your bed is for sleeping. Do not do work, watch TV, play games, or eat in bed
- (9) For most people, the best temperature range for sleeping is 68 to 72 degrees

EXERCISE AND PAIN

- (10) Vigorous exercise is great, but not right before bedtime. It excites you, when you want to be calm

THOUGHTS FOR SHIFT WORKERS

- (11) When possible, avoid frequently rotating shifts
- (12) Keep your workplace brightly lit to promote alertness
- (13) Use blackout blinds/heavy curtains to block sunlight when you sleep during the day. Sunlight is one of the strongest stimulators of the internal rhythm. It goes right through your eyelids

SMART[®] Treatment for Disruptive Anger

Lifestyle management: Music

Green Day
Platypus (I hate you)

SMART[®] Treatment for Disruptive Anger

Lifestyle management: Smells

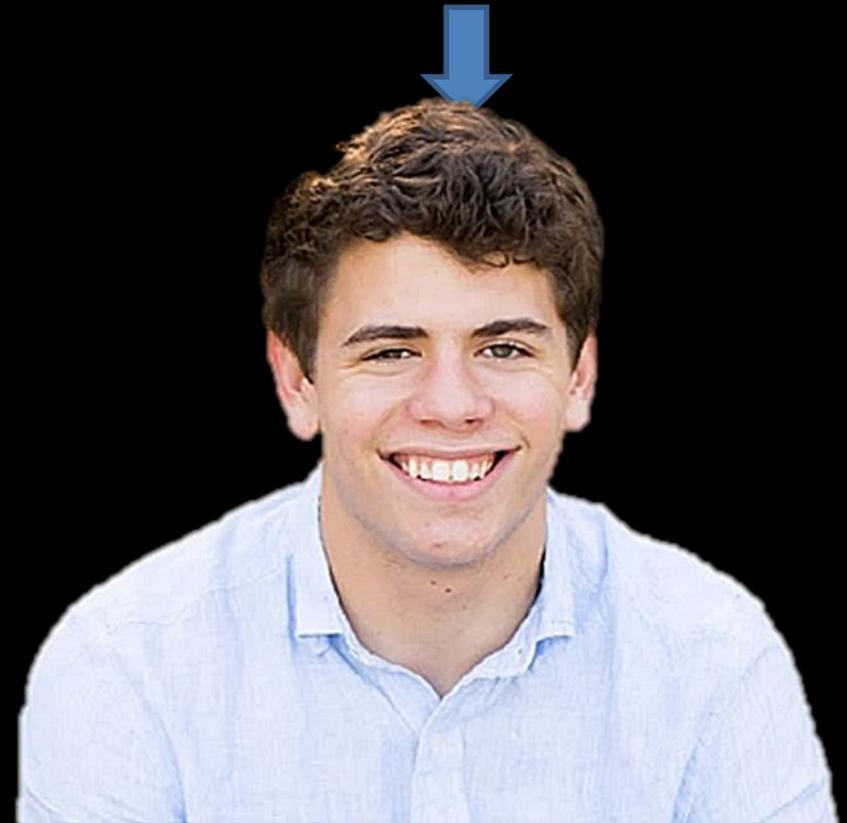
- Question: Does body odor of a stranger with the intention to harm serve as a chemosignal of aggression?
- 16 men donated their body odor while engaging in;
 - a boxing session (aggression chemosignal) or while performing an ergometer session (exercise chemosignal)
- Body odor chemosignals were presented to 22 healthy participants
- Results:
 - chemosignals of aggression induced an emotional response compatible with an anxiety reaction in the recipients

SMART[®] Treatment for Disruptive Anger

A

Real Smile

B



SMART[®] Treatment for Disruptive Anger

A

Real Smile

B



SMART[®] Treatment for Disruptive Anger

A

Real Smile

B



SMART[®] Treatment for Disruptive Anger

A

Real Smile

B

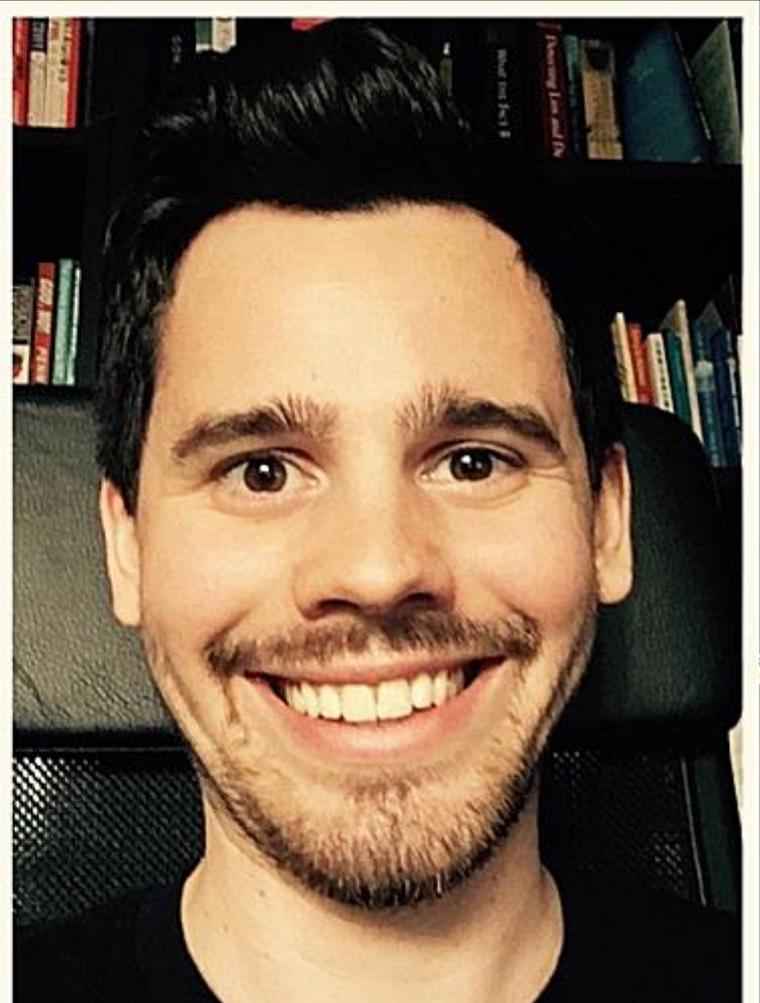


SMART[®] Treatment for Disruptive Anger

A

Real Smile

B



SMART[®] Treatment for Disruptive Anger

Looking for a Real Smile



SMART[®] Treatment for Disruptive Anger

Lifestyle management: FLOWER POWER

Flowers as mood elevators (Haviland-Jones, 2005).

- A) Presented 147 women with a decorative candle, a fruit basket, or a floral bouquet, as a thank-you for taking part in a study.
- DV was recipients' facial expressions
 - In every case, the recipients responded to the flowers with the *Duchenne smile* - a heartfelt "true smile."
 - Candle and fruit did not elicit the Duchenne response.
 - 3 days later, flower recipients reported feeling happier than cohorts.
- B) Gave one flower to men and women in an elevator.
Yielded more prosocial behavior: physical closeness, talking
- c) Flowers given to older adults (55+) elicited more of a positive mood and improved memory



SMART[®] Treatment for Disruptive Anger

So,
does your home smell nice,
do you have soft music playing,
do you have flowers on the table,
do you sleep well, and
do you eat well ?

And what about our jails, prisons, schools,
universities, and industrial environments?

Are we taking care of ourselves?

Appropriate Data Gathering Questions in Anger Management

Tell me a bit about your anger.

What sets you off?

How often do you feel angry?

How intense is your typical anger experience?

When you become angry, how long does it typically last?

Do you often think about getting even with the source of your anger?

Do you have plans for revenge?

Tell me about some of the benefits of your anger?

Tell me about some of the costs of your anger?

At what temperature do you set the thermostat in your home?

What did you have for dinner last night?

What is your favorite snack food?

Tell me a bit about your sleep habits?

Tell me a bit about the kind of music you listen to.

What does your home smell like?

What color is your living room?

Perhaps these are good questions for an anger interview ?

Only if you have more than a hammer in your tool box will you find additional ways to manage anger

SMART[®] Treatment for Disruptive Anger

- 1) Preparation and Engagement
 - Increase anger awareness
 - Psychoeducation
 - Increase motivation / Reduce resistance & Blame
 - Teach the *Anger Episode Model*
- 2) Change Anger Triggers
 - Lifestyle management: Food, Alcohol, Sleep, Music, Colors, Smells
 - Sidestep Provocations: Avoidance and Escape
 - Find new solutions to social problems
- 3) Change Thoughts that lead to anger
 - Change the way you think about your life
 - Let it go. After all, words are just words
 - Forgive: the unthinkable solution
- 4) **Change internal anger experiences**
 - Physical arousal (Relaxation, Mindfulness, Meditation)
 - Exposure to practice healthier reactions**
- 5) Change anger expression
 - Improve social and interpersonal skills
 - Express anger assertively / Develop perspective taking skills
- 6) Live a happier life

Exposure

Terms

- Exposure
- Barbing
- Extinction
- Desensitization
- Habituation
- Response prevention
- Differential reinforcement of other
- In vivo, imaginal

Benefits of Exposure

- Allows for habituation to anger triggers
- Promotes development of healthier self-statements and new behaviors in response to anger triggers
- Provides repeated practice for countering anger producing thoughts
- Offers a realistic context to practice new skills
- Is memorable for the patient

SMART[®] Anger Management

Anger Management for Everyone ^{2nd edition}

*Ten Proven Strategies to Help You Control
Anger and Live a Happier Life*

Raymond Chip Tafrate, Ph.D.

and

Howard Kassinove, Ph.D., ABPP

New Harbinger Publishers, 2019

SMART[®] Anger Management

Thank you

Multumesc

謝謝 - 谢谢

Спасибо За Ваше Внимание

Merci

Danke

Gracias

Obrigado