

Anger Management: Integral / Developmental Approach

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"Anger Aggression and Violence"

Integral / Developmental Why?

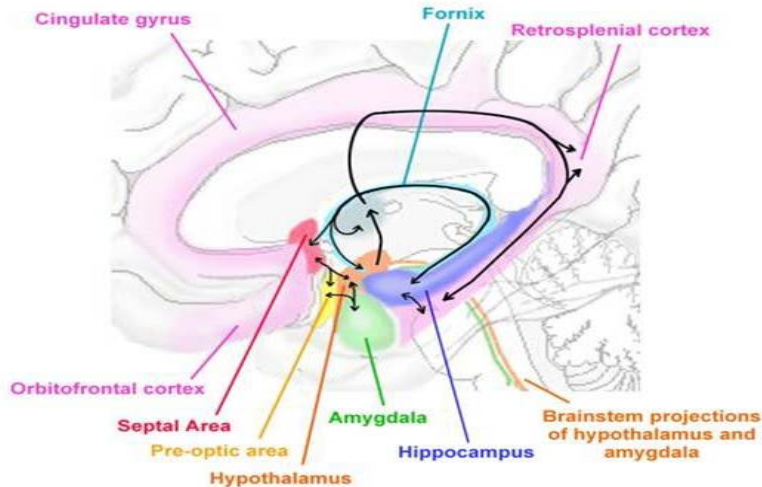
Integral - Include as much of 'reality' as possible

Developmental - Simple -----> More Complex

Focus:

The Process of Healthy Change and Transformation

Primitive Brain (reptilian & mammalian)



Automatic - (Autopilot - w/o processing)

Survival, Instincts, Drives, Urges

When angry and functioning out of Primitive Brain:

You want to Punish

Teach a lesson, Get back at, or Fix the 'other'

Something destructive

Make the 'other' feel what you feel.

7 conditions that tend to increase functioning out of the Primitive Brain

Stress

Anxiety

Drugs

Alcohol

Tired

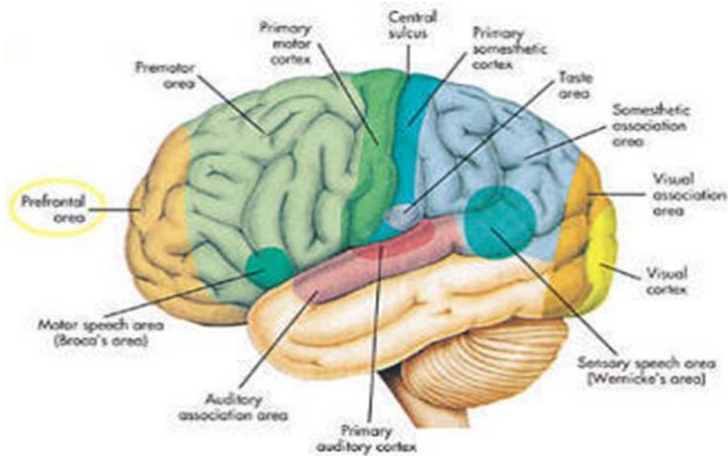
Hungry

Sick (illness, pain)



Knowing these 7 conditions has a powerful influence on capacity for anger management.

Evolved Brain (human)



Prefrontal cortex (subject to development of worldview)

Reasonable

Rational

Logical

Creative

Worldview Development Ladder

1st Tier

Post Modern - Pluralistic - HumanBonders

Equality, Harmony, Community
World-centric
Essential Concern: "sensitive or insensitive"
Motivation: Inclusiveness
Consequence: Seen as Exclusive, Greedy, Dogmatic

Modern -Rational - Strive Drivers

Success, Autonomy
Beginning World-centric
Essential Concern: "win or lose"
Motivation: Achievement and Becoming a Winner
Consequence: Become a Loser and "Fall Behind"

Traditional - Mythic - Truth Forcers

Stability, Purposeful life
Ethno-centric
Essential Concern: "right or wrong"
Motivation: Respect and Doing the Right Thing
Consequence: Chaos and Admonishment of Others

Tribal - Magic - Power Acting

Vigilant, Aggressive, Impulsive
Ego-centric
Essential Concern: "strong or weak"
Motivation: Respect and Physical Safety
Consequence: Loss of Safety and Kicked out of "Tribe"



Psycho-Activity

The brain is designed to develop through Psycho-activity in 2 Ways

via the limbic system (Primitive brain) - automatic process
For example, you observe a scene never seen before and your brain automatically sets in motion the processing of this new experience. There is no intention require – it just happens.

via the (1) mirror and (2) mentalizing systems (Evolved brain) and which requires engagement with information, explanation, or framework.

For example, learning how to play a new game.

Once Psycho-activity is initiated the brain spontaneously reaches toward the novelty (new-ness) with curiosity

Psycho-activity is the action of neuroplasticity

Psycho-activity Capacity List

(partial)

1. Autonomy/Communion
2. Empathy
3. Polarities
4. Compassion
5. Big Question(s)
6. Cycle of Relationships
7. Attunement
8. Self Awareness
9. Range of Feelings
10. Needs Satisfaction
11. Assertiveness
12. Confidence
13. Emotional Resiliency
14. Commitments
15. Creativity
16. Alone Time
17. Gratitude
18. Roles & Responsibility
19. Receive & Give
20. Forgiveness
21. Develop a Vision
22. Healing Wounds
23. Resolve Conflict
24. Presence & Listening

**COGNITIVE
AWARENESS**

Education of Brain/Body
Anger Log
Anger Scale
Destructive Thinking
Shadow
Family of Origin
Trauma

**MINDFULNESS
TECHNIQUES**

Calming Techniques
Breathing
Walking 20 Steps
Jaw Drop
Focus on One Thing
Meditation
Bi-lateral Ball Toss

LIFESTYLE PRACTICE

Daily messages of
well-being/non-aggression
3-2-1 Process
Journaling
Yoga
Healthy Habits
Fun/novelty/humor