

Life Skills Consulting
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NAMA Annual Conference
September 26 & 27, 2016
California Endowment Center
Los Angeles, CA.

Integrated Anger Management
A Multiple Variant Approach

Presenter:

Steven Sumpter MS, CAMS II, CTRS



Kaiser Mental Health Center
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Los Angeles, CA. 90012

Improving Your Coping Skills:

- (1) Anger Management Skills
- (2) Leisure Time Management Skills
- (3) Stress Management Skills
- (4) Minding Your Mental Health and Preventing Relapse
- (5) Journal Writing Pages

AMERICAN RAGE- ESQUIRE/NBC SURVEY RESULTS

In a January 2016 Esquire/NBC Survey entitled: **American Rage**, 3,257 adults over 18 completed a 13 question survey about what makes them angry and who's to blame. Below are the results:

- 50% of all Americans are angrier today than they were a year ago.
- White Americans are the angriest of all.
- African Americans are more optimistic about the future of the country, and existence of the American dream.

Three factors are shaping American's Rage:

1 Expectations -A perception of disenfranchisement (higher among whites than non-whites),

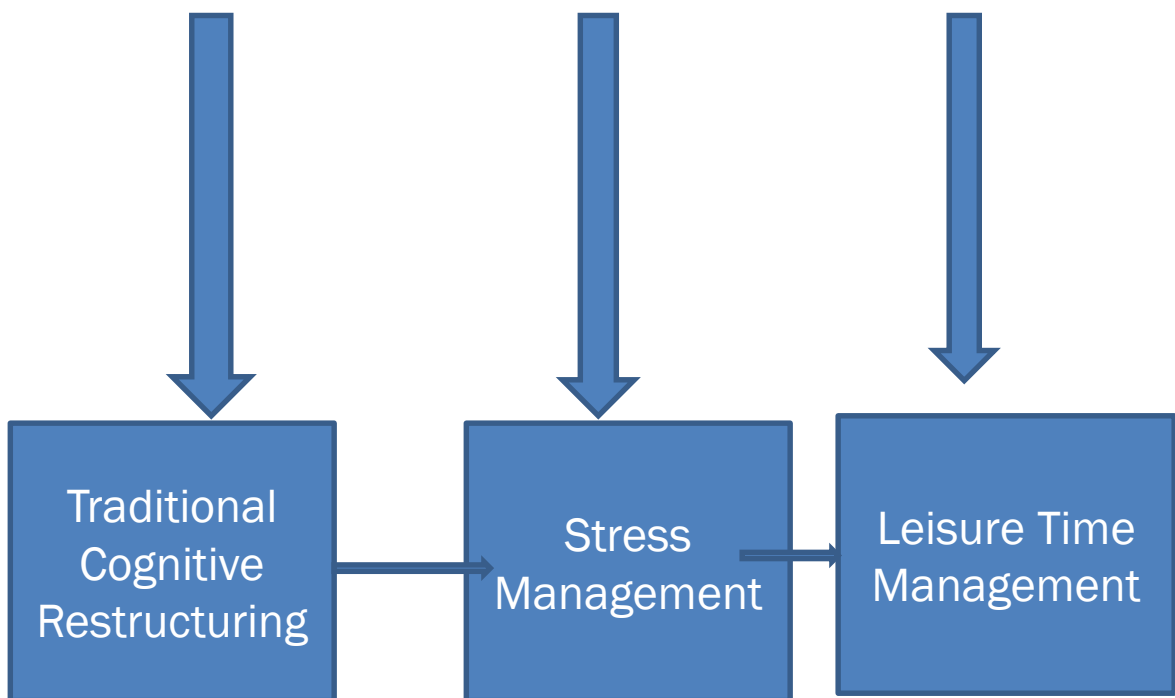
2 Empathy - Women reported a greater rise in anger with respect to dashed expectations about the way they are treated and the treatment of others. The perception of unfairness has a way of rubbing people the wrong way,

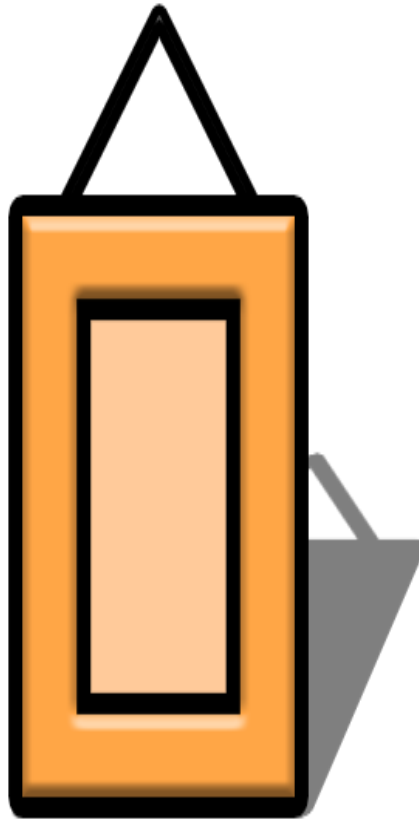
3 Experience- 70% of African Americans and 48% of women express anger about the way they are treated

- Anger was measured based on **frequency and duration**, for example; how many times a day, and for how long they have felt angry.
- **The complete report is available at:**
www.esquire.com/news-politics/a40693/american-rage-nbc-survey.

Integrated Anger Management

Include LIFE SKILLS Training To Enhance
Client Coping Skills





Examples of Group Warm Up Activities

The Anger Art
Gallery

1

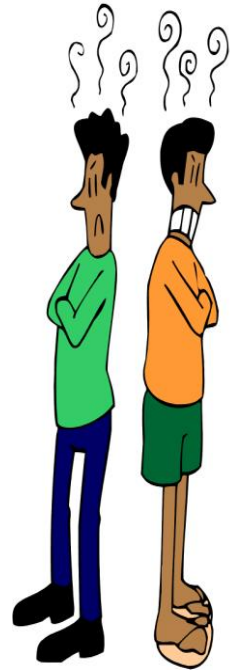
- Use of Anger Clip Art Images
- Can Be Used To Start Discussion

2

- Help Clients Relate To Their Anger
- Can Be Used With Groups

3

- Paper & Markers For Own Images
- Encourages Feelings Discussions



Educational Games

Fun To Play

Teaches Skills



Anger Bingo

Skills Based

Reward Based



Group or Individual Options

Flexible To Time Available

Anger Bingo

An engaging and educational game about anger and ways to manage it

Created By Nancy Anne Driscoll, MS, RNCS

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WARNING: This product contains small parts,
which may be a choking hazard to young children.
Please read all instructions carefully.

Anger Bingo

Causes	Symptoms	Consequences	Control	Prevention
Perceived Injustice	Raised Voice	Job Conflict	Positive Self-Talk	Analyze Triggers
Unresolved Grief	Aggressive Behavior	Victim Behavior	Physical Activity	Attend to Cues
Alienation	Clenched Fist	Anger Bingo®	Time Out / Leave	Relaxation Techniques
Anxiety	Vengeful Thoughts	Physical Illness	Listen	Positive Communications
Fear	Name Calling	Anger Becomes a Habit	Be Specific	Explore Alternatives

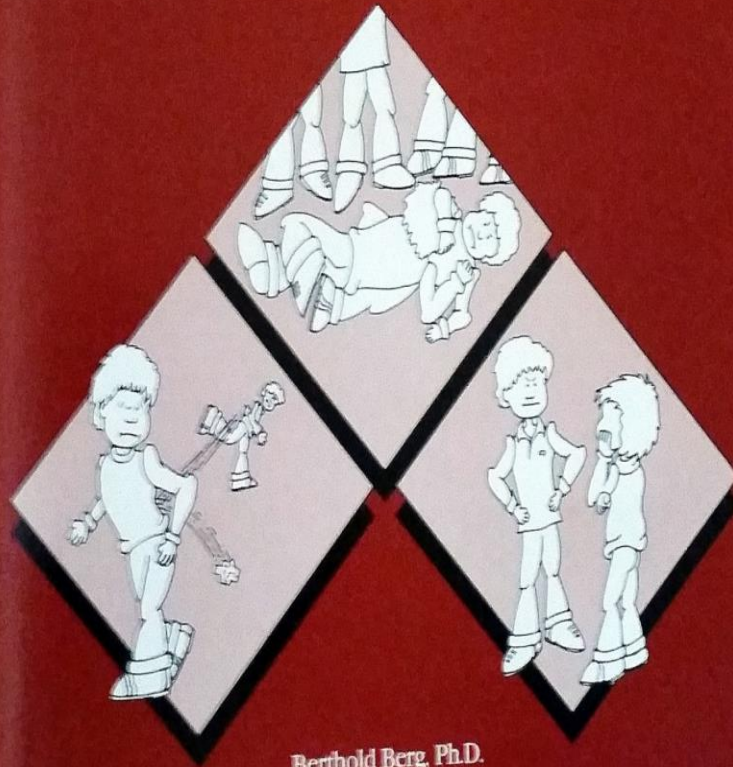
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*A Program to Develop
Anger Control Skills*
© 1984 by Riverside Books, Inc.

THE ANGER CONTROL WORKBOOK

Exercises to Develop Anger Control Skills

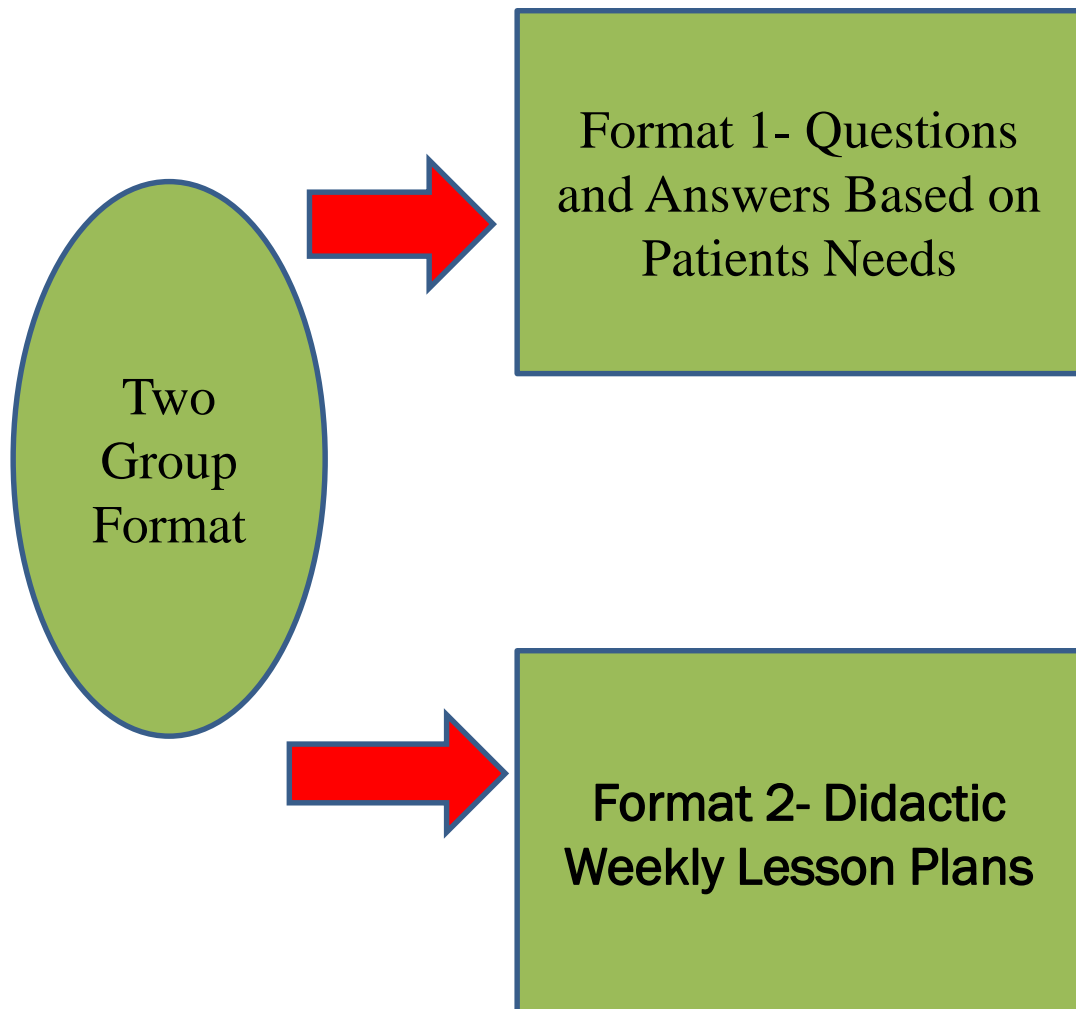


Berthold Berg, Ph.D.

The Anger Control Game

- Designed For Use With Pre-Teens and Adolescents.
- Instructors Guide and Extensive Use of Worksheets

Kaiser Mental Health Center
PHP Anger Management Program



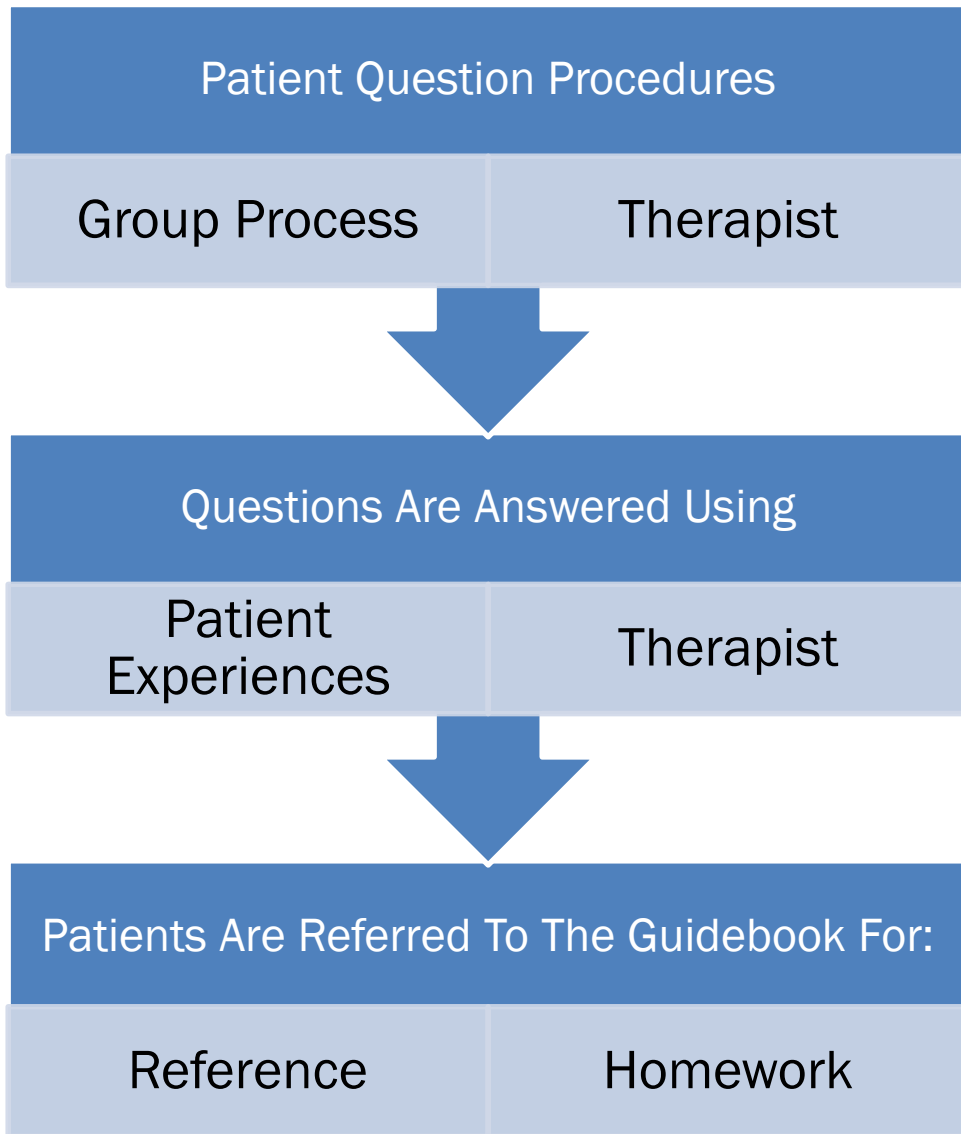


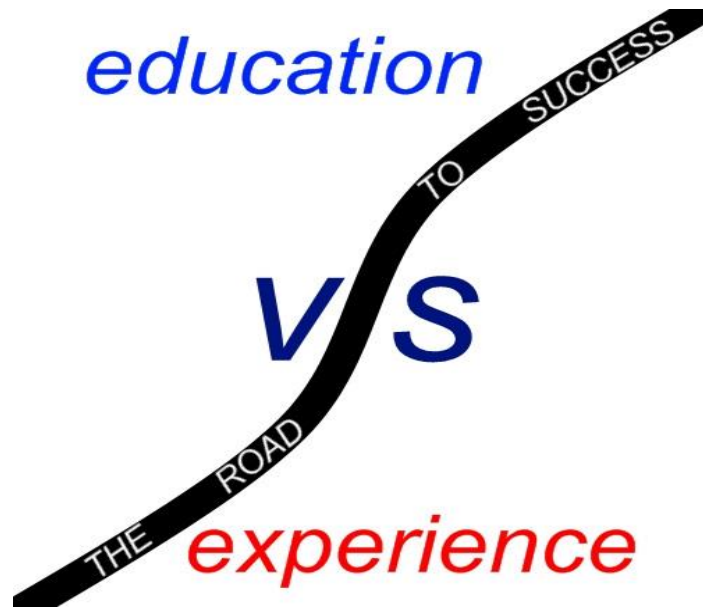
Format One:

Questions and Answers Group

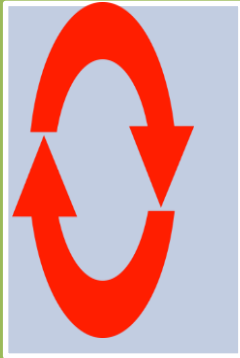
Questions Frequently Asked by Patients

- How do I make my anger go away?
- Are anger and depression related?
- What is impulse control and how do I learn it?
- How do I deal with anger towards myself?
- My doctor says I have PTSD, is anger related?
- I don't feel angry why do others say I should?
- I am afraid to feel angry is this normal?
- Why should I forgive because I can never forget?
- I feel stressed out, do I still need anger classes?
- I feel guilty about my past is this an anger problem?
- How do I talk to my supervisor/peers the right way?
- Does anger cause relapse from drugs & alcohol?
- Are there different kinds of anger?





Format Two- Educational Groups



Rotated Weekly Topics



Anger Tools:

Cognitive Restructuring
Emotional Intelligence
Assertive Training



Anger Disguises:

- Hurt and Fear
- Stress and Grief



HEALING PAST HURTS

- 3 Steps To Healing



Stress Management Tools:

- A Carpe Diem Approach
- Wellness Contract Approach



Leisure Time Management

- Leisure Interest Inventory
- Leisure Needs Assessment

A “Carpe Diem” Approach to Stress Management

Making Stress Reducing Choices Three Times a Day

Each Day is Divided Into Three Time Segments:

Segment One: ***Before Work Time*** ; (bedtime until work Begins).


Segment Two: **Structured Time**; (paid work hours e.g., 40 hours).

Segment Three: **After Work Time**; (clock out until bed time).

All Three Time Segments Have Two Requirements:

(1) Add a Stress Reducing activity in each time segment.

(2) Stop a Stress Producing activity in each time segment.



Personal Stress and Wellness Plan


Changes I will make within in the next 7 days to reduce my stress and improve wellness.	Specific action steps I will take for meeting the goals I have set for myself. (include day and time)
(1) Physical Self (exercise, diet, relaxation) Exercise _____ Diet _____ Relaxation _____	1) _____ 2) _____ 3) _____
(2) Vocational (job, school, household) _____	1) _____ 2) _____ 3) _____
(3) Intellectual (learning and brain power) _____	1) _____ 2) _____ 3) _____
(4a) Leisure Time and (4b) Social Support (4a) _____ (4b) _____	1) _____ 2) _____ 3) _____
(5) Emotional IQ (knowing, sharing, validating) _____	1) _____ 2) _____ 3) _____
(6) Environments (home, work, neighborhood) _____	1) _____ 2) _____ 3) _____
(7) Spiritual (Peace, Pray, Tranquil, Serenity) _____	1) _____ 2) _____ 3) _____

I certify that by making the changes above, I will become healthier in mind and body. I will commit to making lifestyle changes on a **regular basis** to maintain healthy balances in the seven areas above.



The Leisure Interest Inventory

- Hundreds of leisure time hobbies and interests are listed.
- Promotes variety and therapeutic use of leisure choices.
- Helps counteract symptoms of depression and substance abuse.
- A copy of the leisure interest inventory is in your handout.

- Outcome Study To Determine Program Effectiveness
 - Use of the Novaco Anger Scale as a pretest & posttest.
 - 30 Partial Hospital Patients Participated, (18 Female- 12 Male).
 - A three week minimum length of stay was required to participate.
 - Two sessions per week (3 Q&A, and, 3 Education Groups).
 - A statistically significant outcome was established.
- 

NAS-PI

AutoScore™ Form

Raymond W. Novaco, Ph.D.

Name: _____ ID Number: _____ Age: _____

Date: _____ Examiner ID: _____ Gender: ☐ Female ☐ Male

Education (Years Completed): ☐ <6 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15 ☐ 16 ☐ >16

Race/Ethnicity: ☐ American Indian/Alaska Native ☐ Asian ☐ Black/African American ☐ Hispanic/Latino
☐ Native Hawaiian/Pacific Islander ☐ White ☐ Other _____

The statements in Part A describe things that people sometimes think, feel, and do. How true are they for you? For each statement, indicate whether it is (1) never true, (2) sometimes true, or (3) always true. Circle the number that best describes how true the statement is for you.

Never true	Sometimes true	Always true	Part A
1	2	3	1. When something wrong is done to me, I am going to get angry.
1	2	3	2. Once something makes me angry, I keep thinking about it.
1	2	3	3. Every week I meet someone I dislike.
1	2	3	4. I know that people are talking about me behind my back.
1	2	3	5. When something makes me angry, I put it out of my mind and think of something else.
1	2	3	6. Some people would say that I am a hothead.
1	2	3	7. My muscles feel tight and wound-up.
1	2	3	8. When I get angry, I stay angry for hours.
1	2	3	9. I walk around in a bad mood.
1	2	3	10. If I feel myself getting angry, I can calm myself down.
1	2	3	11. My temper is quick and hot.
1	2	3	12. When someone yells at me, I yell back at them.
1	2	3	13. I have had to be rough with people who bothered me.
1	2	3	14. I feel like smashing things.
1	2	3	15. When I am frustrated by a problem, I try to find a solution.
1	2	3	16. I get angry because I have a good reason to be angry.
1	2	3	17. I can't sleep when something wrong has been done to me.
1	2	3	18. If I don't like someone, it doesn't bother me to hurt their feelings.
1	2	3	19. People can be trusted to do what they say.
1	2	3	20. I try to see positive things in other people.
1	2	3	21. When I get angry, I get really angry.
1	2	3	22. When I think about something that makes me angry, I get even more angry.
1	2	3	23. I feel agitated and unable to relax.
1	2	3	24. I get annoyed when someone interrupts me.
1	2	3	25. I am able to stay cool in the face of pressure.
1	2	3	26. If someone bothers me, I react first and think later.
1	2	3	27. If I don't like somebody, I'll tell them off.
1	2	3	28. When I get mad, I can easily hit someone.
1	2	3	29. When I get angry, I throw or slam things.
1	2	3	30. When I have a conflict with someone, I speak to that person about the problem.
1	2	3	31. If I lose my temper with someone, it's because they deserved it.
1	2	3	32. When someone makes me angry, I think about getting even.
1	2	3	33. If someone cheats me, I'd make them feel sorry.
1	2	3	34. People act like they are being honest when they really have something to hide.
1	2	3	35. If someone says something nasty, I can swallow my pride and let it go.
1	2	3	36. When I get angry, I feel like smashing things.
1	2	3	37. Some people get angry and get over it, but for me it takes a long time.

continue on back page

Never true	Sometimes true	Always true	
1	2	3	38. I have trouble sleeping or falling asleep.
1	2	3	39. A lot of little things bug me.
1	2	3	40. When I get agitated, I can relax by taking deep breaths.
1	2	3	41. I have a fiery temper that arises in an instant.
1	2	3	42. Some people need to be told to "get lost."
1	2	3	43. If someone hits me first, I hit them back.
1	2	3	44. When I get angry at someone, I take it out on whomever is around.
1	2	3	45. If I disagree with someone, I try to say something constructive.
1	2	3	46. The more someone bothers me, the more I'll get angry.
1	2	3	47. I feel like I am getting a raw deal out of life.
1	2	3	48. When I don't like somebody, there's no point in being nice to them.
1	2	3	49. When someone does something nice for me, I wonder about the hidden reason.
1	2	3	50. If someone is bothering me, I try to understand why.
1	2	3	51. It makes my blood boil to have someone make fun of me.
1	2	3	52. When I get mad at someone, I give them the silent treatment.
1	2	3	53. My head aches when people annoy me.
1	2	3	54. It bothers me when someone does things the wrong way.
1	2	3	55. I can get rid of tension by imagining something calm and relaxing.
1	2	3	56. When I get angry, I fly off the handle before I know it.
1	2	3	57. When I start to argue with someone, I don't stop until they do.
1	2	3	58. Some people need to get knocked around.
1	2	3	59. If someone makes me angry, I'll tell other people about them.
1	2	3	60. I can walk away from an argument.

Continue with the following items, unless you have been told to stop here.

For the statements in Part B, decide how angry each situation would make you feel. Circle the number that best describes how angry each situation would make you feel. Please give an answer for each statement, and give only one answer to each statement.

Not at all angry	A little angry	Fairly angry	Very angry	
1	2	3	4	PART B
1	2	3	4	1. Being criticized in front of other people for something that you have done.
1	2	3	4	2. You see someone bully another person who is smaller or less powerful.
1	2	3	4	3. Someone keeps making noise when you are trying to concentrate.
1	2	3	4	4. People who act like they know it all.
1	2	3	4	5. Being slowed down by another person's mistakes.
1	2	3	4	6. Someone cuts in front of you when you are in line to get something.
1	2	3	4	7. You are watching a TV program, when someone comes along and switches the channel.
1	2	3	4	8. People who don't really listen when you talk to them.
1	2	3	4	9. You get cold food that is supposed to be hot.
1	2	3	4	10. Someone looking over your shoulder while you are working.
1	2	3	4	11. Someone else gets credit for work that you did.
1	2	3	4	12. People who think that they are better than you are.
1	2	3	4	13. Someone makes fun of the clothes you are wearing.
1	2	3	4	14. You get singled out for correction, when someone else doing the same thing is ignored.
1	2	3	4	15. You make plans to do something with a person who backs out at the last minute.
1	2	3	4	16. People who think that they are always right.
1	2	3	4	17. Just after waking up in the morning, someone starts giving you a hard time.
1	2	3	4	18. Someone looks through your things without your permission.
1	2	3	4	19. Being accused of something that you didn't do.
1	2	3	4	20. You lend something to someone, and they fail to return it.
1	2	3	4	21. Someone who is always disagreeing with you.
1	2	3	4	22. You are hungry and tired, and someone plays a practical joke on you.
1	2	3	4	23. You are overcharged by someone for a repair.
1	2	3	4	24. You need to get somewhere in a hurry, but you get stuck in traffic.
1	2	3	4	25. You are carrying a hot drink, and someone bumps into you.

LOOK FOR MY NEW BOOK, (AMAZON) DECEMBER 2016.

This is the first book to teach three important skills not taught in our schools. The Lesson Plans are self-directed and provide homework to reinforce the concepts taught in each lesson.



I believe our society lacks Life Skills which has resulted in many current consequences, and if not corrected will cause future problems such as:

- 1) Ongoing Aggression and Gun Violence.
- 2) Increased Hostile Work Environments.
- 3) Increased Domestic Violence.
- 4) Increased Stress and Mental Health Admissions.
- 5) Increased Boredom and Poor Leisure Satisfaction.
- 6) Inability to Improve Our Future Generations Coping Skills.

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STEVEN SUMPTER, M.S., CAMS II, CTRS



Life Skills for Daily Living

LESSON PLANS FOR MANAGING
ANGER, STRESS, AND LEISURE TIME.