



Case study on Anger Management Counselling

1. Background to the case

Robert, a Middle level executive was causing unrest in the office always making arguments with his colleagues. The team members in his team are constantly facing conflicts and the employee stress levels are increasing day by day. Robert expresses frequent angry outbursts and confronts other colleagues. The angry behavior of Robert is not only making him unrest but also consuming lot of time and de motivating others to attend their duties peacefully. As a result the employee morale in the department has decreased drastically within a quarter.

So the management of the organization seek the help of Professional counseling department to intervene into the situation and to mitigate the risks associated with such type of employee conflict due to anger. Then the Counselors made an investigation and determined that the team has to undergo training on the subject – “Conflict resolution” and made Mr. Robert a part of the total course to undergo for the sessions on angry management. This way the counselors’ won the team’s agreement to cope up with the angry behavior of others with conflict resolution techniques. Especially the counselors succeeded in including Mr. Robert in Angry Management Coaching.

Over view of the Anger Management:

Anger is a sudden outward expression of inward emotional imbalance. The things around a person or the situation may conflict with his or her expectations and that imbalance can be expressed in an unpleasant manner. Osho defines Anger as a temporary madness. People behave madly and unbecomingly when they are in angry mode. The anger can be triggered by the factors like Frustration, Annoyance, Hurt, Disappointment, Harassment, Threats.

Oliver Ross in explaining the phenomenon of Anger and explaining the reason for conflict assumes that people “unrealistically expects all people to behave and all situations to turn out as they think they should”. Oliver Ross as cited in Phil Barker. Anger can vary in different forms from mild irritation to furious violence. Though anger is a natural phenomena of the Physical and biological expression and is also termed a productive tool, it can be destructive and problematic if it is not dealt properly. This stresses that Anger has to be managed properly in order to get a productive outcome.

Anger management can be practiced in three stages – 1. Managing anger before it even shows in, 2. Managing anger when you are angry, 3. Managing anger after your anger.

Also the Anger management involves counseling for different roles like – Individual who

Anger Management Essay Example

Xiaolong Qi



Anger Management Essay Example:

The Hairy Bokie and Other Metacognitive Strategies Jeffrey Baron Levi, 2020-08-07 The book contains practical and innovative strategies to train clients with Traumatic Brain Injury Autism Intellectual Impairment and Behavioural Disorders to compensate for their deficits and to function independently within their environments The book is a result of 30 years of working directly with clients who are experiencing problems with organization memory learning problem solving and anger management The book is highly recommended for practitioners working with clients with a range of disability in educational community or work settings and is a valuable tool to researchers and tertiary institutions to impart this knowledge to future practitioners The book is highly recommended to be included in a cognitive rehabilitation course for counsellors neuropsychologists rehabilitation consultants and vocational rehabilitation consultants It would be highly relevant for a section in a Special Education course and for school psychologists special education and mainstream teachers working with children with learning and behavioural disorders

Montaigne's Essays Frederic Will, 2023-04-25 Montaigne's essays penetrate the intimate feelings perceptions attitudes anxieties and hopes which make up the texture of daily life With urbanity and irony he makes his way through the fine texture of these formative traits of lived life Tackling each issue as it arises Montaigne probes the spectrum of human experiences and shares his own wisdom with the human kind that will read him The reader of this book which is a blend of Montaigne's observations with those of the author should find in Montaigne a mirror of his or her own experiences and the joy or solace of knowing that they apply precisely to their own world

Official Gazette of the United States Patent and Trademark Office, 2007

Boys Do Cry Matt Pinkett, 2023-05-29 Schools are undergoing a mental health crisis and adult statistics surrounding male suicide paint a bleak picture of the future for boys in our schools From bullying and sexism to traditional ideals of masculinity outdated expectations of what it is to be male are causing boys to suffer Research also shows that this is having a negative impact on girls in our schools Clearly the issue of boys mental wellbeing has never been so important Boys Do Cry examines key research on factors impacting boys mental health and arms teachers with a range of practical strategies to start enacting positive change Combining the latest research personal anecdote expert advice and a uniquely engaging writing style Matt Pinkett provides focused evidence based guidance on what those working in schools can do to improve and maintain the mental wellbeing of boys The chapters follow an easy to navigate three part structure detailing personal stories key research and practical solutions to the problems raised With sensitivity Pinkett deals with a diverse range of topics relating to boys mental health including Anger Self harm and suicide LGBTQ masculinity Body image Friendships Pornography This is an essential read for teachers and school leaders who want to ensure they are improving the mental health of boys in their schools challenging toxic behaviours and equipping the current generation of boys to become happy healthy emotionally articulate men

Transformative Inclusive Education Rick Freeze, 2023-08-25 Inclusive education is a critical issue at the forefront of educators minds Transformative Inclusive

Education tackles the subject by reimagining current practices in education and renovating teaching strategies This collection demonstrates that inclusion is an educational reform movement that can only succeed if educational institutions and practitioners rethink the meaning substance and purpose of education and adopt the new missions patterns of decision making understandings of teaching and learning pedagogies collaborative roles and classroom practices that flow directly from the inclusive reform movement Featuring contributions from a diverse array of scholars practitioners and people with disabilities this text weaves together the historical legal theoretical and pedagogical currents that underpin the implementation of inclusive education and speaks to current research in the field From there it moves forward with a practical trajectory and guide for enacting lasting effective change in schools to create an inclusive environment for all students The authors integrate concepts such as RTI UDL MTSS and SEL and address issues such as collaborative decision making positive approaches to behaviour academic scaffolding and inclusive technologies and teaching practices They also look beyond schools extending inclusive education to families and communities and integrating self advocacy in practice Including case studies realistic examples and activities for further learning and reflection this volume is a vital resource for undergraduate and graduate students in education

FEATURES Provides a framework to redesign teaching practice and enact positive lasting change for truly inclusive schools Connects theory to larger pedagogical constructs such as experiential learning social construction of knowledge student engagement and authentic learning Contains resources for further reading and activity boxes with essential takeaways for student review

The Corsini Encyclopedia of Psychology, Volume 1 Irving B. Weiner, W. Edward Craighead, 2010-01-19 Psychologists researchers teachers and students need complete and comprehensive information in the fields of psychology and behavioral science The Corsini Encyclopedia of Psychology Volume One has been the reference of choice for almost three decades This indispensable resource is updated and expanded to include much new material It uniquely and effectively blends psychology and behavioral science The Fourth Edition features over 1 200 entries complete coverage of DSM disorders and a bibliography of over 10 000 citations Readers will benefit from up to date and authoritative coverage of every major area of psychology

Anger Control Raymond W. Novaco, 1975

Edexcel Psychology for A Level Year 2: Student Book Cara Flanagan, Julia Russell, Mandy Wood, Matt Jarvis, Rob Liddle, 2022-11-25 Written by leading psychology authors Cara Flanagan Matt Jarvis Rob Liddle Julia Russell and Mandy Wood this book s engaging visual style and tone will support you through every step of your A Level Year 2 course and help you thoroughly prepare for assessment Endorsed by Edexcel offering high quality support you can trust Designed to motivate students of all ability levels with a stunning visual style to help you engage with the information Each topic is presented on one spread to help you instantly see the whole picture with description and evaluation clearly separated Apply it activities provide plentiful opportunities to help you develop and practise your application and research methods skills Numerous links are made between topic content and Individual Differences and Developmental Psychology Evaluation points

relating to Issues and Debates are integrated into every topic spread A chapter is dedicated to research methods and practical activities are included in each chapter to prepare you for research methods questions and practical investigations Visual summaries help ensure you have a good grasp of the basics Lots of exam support throughout to help you understand the assessment objectives and mark schemes and guide you on the skills you need for exam success Constructing Professional Identity Through Practica and Service Learning Holly Feen-Calligan,2002 **Edexcel Psychology for A Level Year 2: Revision Guide** Cara Flanagan,Julia Russell,Mandy Wood,Rob Liddle,2023-03-17 The portable sized Revision Guide is ideal for consolidating knowledge both at home for revision and at school as a lesson by lesson summary as the course progresses Each topic is covered on one spread helping students get straight to the point Description AO1 is on the left of the spread split into separate segments to aid revision Evaluation AO3 is on the right each point illustrating the all important chains of reasoning Exam style questions including AO2 application questions on concepts and methods are on every spread providing lots of practice Detailed exam advice section is included with hints and tips offered throughout the book Lots of illustrations and the odd corny joke help make it very user friendly **Panel Discussion and Collected Essays** ,2008 **Problems in the New Testament. Critical Essays** William Spicer Wood,1890 **Playing the Genetic Lottery , Gelitten, Gestorben, Auferstanden** Tobias Nicklas,Andreas Merkt,2010 English summary Jesus passion and resurrection are at the core of the Christian faith and message The oldest witnesses to this data can be found in the New Testament However stories about Jesus suffering his crucifixion and his resurrection were retold and interpreted in manifold ways in later Christian circles as well This collection of essays gives an overview of the development s of texts motifs and ideas regarding Jesus passion and resurrection in different ancient Christian groups The articles focus on patristic interpretations of certain key texts important Christian apocrypha and even iconographic witnesses German description Passion und Auferstehung Jesu von Nazaret gehoren zu den entscheidenden Grunddaten des christlichen Glaubens Die altesten Zeugnisse dafur finden sich bekanntlich im Neuen Testament Wie bedeutsam sie aber fur Christen verschiedenster Richtungen und Pragungen waren zeigt sich auch darin dass sie auch spater in unterschiedlichsten historischen Kontexten neu erzahlt und ausgelegt wurden Der vorliegende Band bietet beispielhaft Einblick in die wichtigsten Richtungen der Entwicklung von Texten Motiven Vorstellungen und Ideen im Zusammenhang mit Passion und Auferstehung Jesu von Nazaret in verschiedenen Gruppen und Richtungen des antiken Christentums Untersucht werden dabei Auslegungen des Neuen Testaments bei bedeutenden Autoren der Alten Kirche wichtige apokryphe Texte aber auch bisher wenig beachtete ikonographische Zeugnisse Abstracts of the Annual Meeting -- American Anthropological Association American Anthropological Association,1988 **Essays on Auxology** Roland Hauspie,Gunilla Lindgren,Frank T. Falkner,1995 Anger and Aggression J. R. Averill,2012-12-06 In recent years a great deal has been written on the topic of aggression another book on the same topic might seem superfluous at this time However the present volume is not just or even primarily

about aggression It is rather a book on anger Anger and aggression are closely related phenomena and it is not possible to discuss one without the other Yet not all anger is aggressive nor can all aggression be attributed to anger Therefore somewhat different considerations apply to each Even more importantly the type of theoretical generalizations one can make differs depending upon whether the primary focus is on anger or aggression The present volume is subtitled an essay on emotion This indicates that the generalizations to be drawn have more to do with emotional responses e g grief love envy etc than with various forms of aggression e g riots war crimes of violence etc Stated somewhat differently anger is here being used as a paradigm case for the study of emotion not for the study of aggression

Miscellaneous essays Thomas Carlyle, 1884 A Collection, Talks and Essays of Swami Dayananda Swami Dayananda Saraswati, 2000 On Hindu philosophy Helping Children Grow Up in the 90's National Association of School Psychologists, 1992 Addresses many areas that place children at risk for social and educational failure

Embracing the Melody of Term: An Psychological Symphony within **Anger Management Essay Example**

In a global taken by displays and the ceaseless chatter of instantaneous interaction, the melodic splendor and mental symphony produced by the prepared word usually fade into the background, eclipsed by the constant sound and disturbances that permeate our lives. However, located within the pages of **Anger Management Essay Example** an enchanting fictional value filled with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this captivating masterpiece conducts readers on a psychological journey, skillfully unraveling the concealed tunes and profound affect resonating within each carefully crafted phrase. Within the depths with this moving evaluation, we shall examine the book is central harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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Anger Management Essay Example Introduction

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