Beyond Anger and Violence: A Program for Women Participant Workbook (Paperback)

By Stephanie S. Covington

John Wiley Sons Inc, United States, 2014. Paperback. Condition: New. Workbook. Language: English . Brand New Book. The participant s essential guide to reflection and personal growth Beyond Anger and Violence: A Program for Women Participant Workbook is the participant s personal place for reflection, reactions, and learning, during and after management sessions. The activities inside reinforce program lessons about anger and violence, including how families, relationships, communities, and society affect one s life. In learning about the relationships between thoughts, feelings, and behaviors, participants can begin to grasp a better self-understanding that will help them manage anger in a healthier, more productive manner. They ll develop new skills for communication, conflict resolution, and decision-making, and will be introduced to a variety of calming techniques. Beyond Anger and Violence is a 40-hour, evidence-based program designed for women who have difficulty managing anger. Based on a social-ecological model, the program addresses the factors that put people at risk for experiencing overwhelming feelings of anger, and perpetrating assaults or destruction of property. This curriculum acknowledges anger as a normal, appropriate, and human emotion, but also recognizes the destruction it can lead to if allowed to get out of control. This workbook will...

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