

Strategies For Anger Management: Reproducible Worksheets For Teens And Adults

By Kerry Moles

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Ages 12 & Up. This workbook is the tool educators and health care professionals need to help teens and adults learn how to cope with anger in healthier ways. This practical resource is divided into three sections: Understanding Anger, Interventions for Anger Mangement and Conflict Resolution, The Differences Between Anger & Abuse. Each of the 34 topics covered has one or more reproducible worksheets and a facilitator's information sheet outlining the purpose, background information and guidelines for leading an individual/group activity. Includes CD with reproducible activities.

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Mattie Priest:

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