

Dealing with anger – For Young People



A 6 week course for small groups of young people who are struggling with anger.

The course is designed to be run in groups of 6-8 young people.

Each week's session will be run for an hour.

The course is delivered in an age appropriate manner to each group.

Course outline

Week 1 – Exploring anger

Week 2 – Exploring your anger

Week 3 – Anger control

Week 4 – Anger control - CBT

Week 5 – CBT follow up and Communication skills

Week 6 – Making Endings

Aims of course

Following completion of this course you will:

- Understand more about your own anger
- Have learnt about what things make your anger worse
- Have learnt to recognise what triggers your anger
- Have explored ways of managing destructive anger
- Have learnt assertiveness skills
- Have learnt more effective ways of communicating
- Have learnt ways to challenge unhelpful thoughts and introduce new positive ways of thinking