

TREATMENT PLAN FOR ANGER

The Adolescent Psychotherapy Treatment Planner (2000), Arthur E. Jongsma Jr., et al., Wiley Pub.

DIAGNOSTIC SUGGESTIONS

Axis I: 312.34 Intermittent Explosive Disorder

BEHAVIORAL DEFINITIONS

1. History of explosive aggressive outbursts out of proportion to any precipitating stressors leading to assaultive acts or destruction of property.
2. Overreaction of hostility to insignificant irritants.
3. Swift and harsh judgment statements made to or about others.
4. Body language of tense muscles (e.g., clenched fist or jaw, glaring looks).
5. Use of passive-aggressive patterns (social withdrawal due to anger, lack of complete or timely compliance in following directions or rules, complaining about authority figures behind their back, or non-participation in meeting expected behavioral norms).
6. Consistent pattern of challenging or disrespectful treatment of authority figures.
7. Use of verbally abusive language.

LONG-TERM GOALS

1. Decrease overall intensity and frequency of angry feelings and increase ability to recognize and appropriately express angry feelings as they occur.
2. Develop awareness of angry behaviors, clarifying origins of and alternatives to aggression.
3. Awareness & acceptance of angry feelings while developing better control & more serenity.

SHORT-TERM GOALS

1. Increase awareness of anger expression patterns.
2. Identify pain and hurt of past or current life that fuels anger.
3. Verbalize feelings of anger in a controlled, assertive way.
4. Verbalize understanding need for a process of forgiveness of others and self to reduce anger.
5. Decrease the number and duration of angry outbursts.
6. Identify targets of and causes for anger.
7. Increase awareness of how past ways of handling angry feelings have had a negative impact.
8. Develop specific, socially acceptable and non-self-defeating ways to handle angry feelings.
9. Decrease verbal and physical manifestations of anger, aggression, or violence while increasing awareness and acceptance of feelings.

THERAPEUTIC INTERVENTIONS

1. Assign client to read the book "Forgive and Forget" (Smedes).
2. Discuss forgiveness of perpetrators of pain as a process of "letting go" of anger.
3. Assign assertiveness training class.
4. Empathize and clarify feelings of hurt and anger tied to traumas of past.
5. Assign client to list experiences of life that have hurt and led to anger.
6. Confront / reflect angry behaviors in group and individual sessions.
7. Assign client to read the book "Of Course You're Angry" (Rosellini and Worden) or "The Angry Book" (Rubin).
8. Write angry letter to parents, or other, on the reasons for anger toward that person.
9. Write a forgiving letter to the target of his/her anger as a step toward letting go of the anger.
10. Assign and process a thorough list of all targets and causes for anger.
11. Work with client in individual therapy sessions, using role playing techniques, to develop non-self-defeating ways of handling angry feelings.
12. Process client's angry feelings or angry outbursts that have recently occurred and review alternative behaviors available.