

**THE ANGER MANAGEMENT PROGRAM OUTLINED  
IN THE WORKBOOK  
*EMBRACING THE DARK SIDE: LEARNING TO RECOGNIZE AND  
TRANSFORM THE ANGER WITHIN AND AROUND YOU***

I am writing this to discuss the anger management program outlined in the 400-page workbook, *Embracing the Dark Side: Learning to Recognize and Transform the Anger Within and Around You*, first published in 1987, with numerous updates to the present time. The workbook and program are designed to assist both men and women in learning to handle their explosive, disrespectful, and hurtful anger in more effective ways. In addition, I was licensed as a psychologist in the state of Minnesota in 1985; I led 35-50 week domestic abuse groups for men for 30+ years (using another book that I wrote, *Stopping the Violence: A Group Model to Change Men's Abusive Attitudes and Behaviors*, which was first published in 1999 by Haworth Press in New York; I led 5-session anger management classes for both men and women for 30+ years; I developed a website with information about anger, abuse, control, toxic shame, healthy partner relationships and other related issues called [www.ANGERresources.com](http://www.ANGERresources.com) in 2000 (revised and updated in 2017); and I have seen individuals and couples for anger management services and for other mental health issues throughout my career. I currently see both individuals and couples for anger management services using the above resource and for other mental health issues as well.

The program involves several sessions for an intake process to discuss a client's current life situation and his/her family of origin and childhood experiences. The intake process also includes taking an *Anger Index* (a "quick and dirty" assessment and score about how angry, negative, cynical, hostile, and aggressive the client is); an *Anger Pre-test*, a true-false test to assess what a client knows about what anger is and what anger is not; and an *Anger Questionnaire*, which addresses what a client has done with anger in the past with his/her partner, children, and others. The program also includes reading the entire anger management workbook, which involves both educational material and accomplishing the eight tasks that are a part of this program. The workbook itself is comprised of:

An *Introduction To The Workbook* and

Seven Educational Units:

Unit 1: *Understanding More About Stress, Anger, Control, And Abuse;*

Unit 2: *Self-Talk And How It Affects Your Own Life And The Lives of Those Around You;*

Unit 3: *Toxic Shame And Personal Empowerment;*

Unit 4: *Working Hard To Develop Effective Assertiveness, Communication, And Conflict Resolution Skills;*

Unit 5: *Understanding, Developing, And Maintaining Healthy Relationships With Your Partner And Others In Your Life;*

Unit 6: *Road Rage: What It Is And How To Address It;*  
and

Unit 7: *Some Other Topics That Are Related To What You Have Been Reading Thus Far In This Workbook).*

The first four tasks (A *Class Member Introduction*; A *Phone List*; An *Exercise Program*; and The *Individual Treatment Goals That You Set For Yourself*) need to be written out and presented in session within the initial 2-3 sessions.

**The last four major program tasks include:**

An *Escalation Prevention Plan* to help identify specific anger cues and triggers, the client's personal escalation process, and de-escalation and calming strategies that can be used when a client is escalating;

A *Time-Out Plan* to assist the client in taking respectful time-outs when he is escalating;

An *Amends Letter* to take clear responsibility for a client's hurtful and disrespectful behavior in the past with his partner (and others, if he/she wishes to do this); and

A *Self-Assessment And Aftercare Plan* to review what the client has learned in the program and to make a commitment to himself and others to continue to use the skills and strategies from the program in the future.

**The last four major tasks need to be written out and presented in session after a client has read the entire workbook and completed the intake process.**

The anger management program outlined in the workbook generally takes **15-18 individual sessions** to complete if the client is responsible regarding reading the workbook and writing out and presenting the tasks in the therapy sessions. The therapy program and the workbook directly address disrespectful, hurtful, controlling, and abusive behavior. I no longer take mental health insurance since I am semi-retired at present. The cost for the program involves **\$185** for the first session and **\$150** for all subsequent sessions as well as **\$40** for the program workbook.