

Anger Management

Frontline Dad's Anger Management Group Therapy is a trauma informed intervention that identifies the underlying causes for maladaptive behavior related to intermittent explosive disorder (IED). Anger Management techniques are explored in order to provide a foundation for addressing the explosive behavior that manifests as a result of poor self-management skills and loss of self-control due to anger. This prevention-based group level intervention addresses six critical components that includes cognitive development, anger triggers & red



flags, adverse childhood experiences, personal accountability, psycho/social stressors, and cultural awareness. By addressing these six critical areas, the underlying issues will become better managed, thus producing fewer explosive incidents and anger related outbursts. Participants who complete this intervention will emerge with greater self-control, improved self-esteem, improved coping skills, and greater self-awareness. Research indicates that many residents from inner city, urban environments suffer from PTSD as a result of the compounded violence they have witnessed and/or experienced during their developmental years. Many times, this PTSD or underlying trauma has been unresolved and often expressed in unhealthy and violent ways. The goal of the Anger Management Intervention is to provide a healthy outlet for this underlying trauma and/or PTSD to be resolved via group therapy, which will allow participants to develop the skills necessary to manage their anger and adapt to more pro-social behavior.



The Frontline Dads Anger Management Group consists of guided psycho-educational groups, guest speakers, literature discussion, aromatherapy, visual media, and journaling. Anger Management Groups utilized Includes: Expressive Groups, Process Oriented Therapy, Psycho-Educational Groups, and Cultural Awareness Groups. Therapeutic Approaches Utilized includes: Redecision Therapy (RT), Cognitive Behavioral Therapy (CBT), and Reality Therapy (RBT).

The benefits of the Anger Management intervention includes:

- Comprehensive Support Team
- Person Centered
- Trauma Informed
- Strengths Based
- Cognitive Development Strategies
- Behavior Modification Approach
- Reality Based Therapy
- Comprehensive Bio-Psycho Social Assessment
- Family Involvement
- Aftercare Planning & Support

Credentials:

Master's Level Clinical Therapist

PA Department of Corrections (DOC) Vendor

Office of Vocational Rehabilitation (OVR) Contractor

National Institute of Corrections T4C Facilitator

"Sanctuary" Model Trained