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Titolo	Anger management [[electronic resource]] : an anger management training package for individuals with disabilities // Hrepsime Gulbenkoglu and Nick Hagiliassis
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2006
ISBN	1-280-73813-8 9786610738137 1-84642-518-2
Descrizione fisica	1 online resource (171 p.)
Collana	JKP resource materials Anger management
Altri autori (Persone)	HagiliassisNick <1970->
Disciplina	152.4/7087
Soggetti	Anger Assertiveness training People with disabilities - Psychology People with mental disabilities - Psychology Problem solving - Study and teaching Self-help techniques - Study and teaching
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Nota di contenuto	Cover; Anger Management:An Anger Management Training Packagefor Individuals with Disabilities; Contents; List of Hand-outs and Overheads; Introduction; Session 1Introduction to Anger Management (1); Session 2Introduction to Anger Management (2); Session 3Learning about Feelings and Anger; Session 4Learning about Helpful and UnhelpfulWays of Dealing with Anger; Session 5Learning to Relax (1); Session 6Learning to Relax (2); Session 7Learning to Think Calmly (1); Session 8Learning to Think Calmly (2); Session 9Learning to Think Calmly (3); Session 10Learning to Handle Problems Session 11Learning to Speak Up for OurselvesSession 12Putting it all Together; References
Sommario/riassunto	This is a complete training package for helping people with intellectual or physical disabilities deal with anger in constructive, effective ways. It consists of 12 fully-scripted sessions dealing with topics such as recognising feelings of anger, learning to relax and think calmly, and

being assertive and handling problems competently.
