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| 1. Record Nr. | UNINA9910784173603321 |
| Autore | Gulbenkoglu Hrepsime <1951-> |
| 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 |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references. |
| 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.
