



## Handbook of Anger Management: Individual, Couple, Family, and Group Approaches (Paperback)

By Ronald T. Potter-Efron, Ronald Potter-Efron, Terry S. Trepper

Taylor Francis Inc, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get the most from your ability to work with clients suffering the effects of chronic anger The Handbook of Anger Management provides therapists and counselors with a comprehensive review of anger and aggression management techniques, presenting specific guidelines to a number of immediately useful methods. Clinical psychotherapist Ronald T. Potter-Efron, Director of the Anger Management Center At First Things First, LTD, in Eau Claire, Wisconsin, offers straightforward solutions to the complicated problem of anger, detailing core treatment options and intervention methods that meet the needs of individual clients, couples, families, and groups. This practical guidebook examines rage, aggression, hostility, resentment, hatred, anger avoidance, and chronic anger and includes fact-based case studies that illustrate effective theory and practice. The Handbook of Anger Management guides therapists through the process of assessing anger in their clients, determining the reasons for--and the consequences of--anger and aggression. The book examines individual and group modalities, using behavioral, cognitive, affective, and existential/spiritual treatment approaches to define anger and anger problems and how they relate to social learning, to examine the relationship between anger and aggression and between anger...



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