

DEPARTMENT OF PSYCHOLOGY

M.A. Psychology

Structure-I (2- Year PG Program)

SKILL ENHANCEMENT COURSE (SEC)

SEMESTER I

SEC 101: ANGER MANAGEMENT

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite
		Lecture	Tutorial	Practical	
SEC 101 Anger Management	2	1	0	1	Graduation in any stream

Credit: 2 (1 Lecture + 1 Practical)

Course Objectives:

1. To differentiate between various types of anger and the emotions associated with anger.
2. Recognize activating events and communication styles that contribute to anger.
3. Understand appropriate applications of therapeutic intervention and behavior modification.
4. Develop strategies to avoid or minimize anger-related issues in daily life.
5. Identify warning signs of anger and aggression.

Learning Outcomes:

Upon successful completion of this course, students will be able to:

1. Demonstrate an understanding of key theories and concepts related to anger.
2. Apply newly acquired skills in anger management and behavioral intervention.
3. Exhibit professionalism and understanding of ethical and legal aspects of anger management.
4. Practice college-level academic writing and integrate knowledge from human services with general content knowledge.

Course Contents:

Unit-1: Introduction to Anger and Violence: General anger; state anger; and trait anger; Difference between anger and aggression; hostility; violence; Understanding Anger Triggers and Responses; Overt and covert triggers of anger; Emotional brain vs. thinking brain; Anger control and anger expression **(10 Hours)**

Unit-2: Practice of Anger Management Strategies: Relaxation-based interventions; Retreat; rethink; respond and Cost-benefit analysis. Cognitive and Behavioral Approaches: Cognitive restructuring; Stress inoculation; Conflict Resolution and Assertiveness Training. **(10 Hours)**

Essential Readings:

1. Averill, J. R. (1982). *Anger and Aggression: An Essay on Emotion*. Springer.
2. Dahiya, R.L. & Sekhri, R. (2023). *Anger Management*. Psycho Information Technologies, New Delhi
3. Deffenbacher, J. L., & McKay, M. (2000). *Overcoming Situational and General Anger: A Cognitive-Behavioural Approach*. New Harbinger Publications.
4. Ellis, A. (2003). *Anger: How to Live With and Without It*. Citadel Press.
5. Kassirer, H., & Tafrate, R. C. (2002). *Anger Management: The Complete Treatment Guidebook for Practitioners*. Impact Publishers.
6. Novaco, R. W. (2016). *Anger Control: The Development and Evaluation of an Experimental Treatment*. Oxford University Press.
7. Raymond, C.T. & Howard, K. (2019). *Anger Management for Everyone: Ten Proven Strategies to Help You Control Anger and Live a Happier Life*. New Harbinger; 2nd edition
8. Reilly, P.M., & Shopshire, S.M. (2019). *Anger Management for Substance Use Disorder and Mental Health Clients. A Cognitive–Behavioural Therapy Manual*. SAMHSA Publication No. PEP19-02-01-001