COUNSELING/PSYCHOLOGY/SOCIAL WORK 497

ANGER MANAGEMENT

FALL 2015

Instructor Contact Information
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Fall Office Hours
9-3 Monday
9-12 Tuesday
1-3 Wednesday
Friday (By Appointment)

Students with Disabilities:
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library
Room 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamuc.edu
### Student Conduct & Academic Honesty

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See Student's Guide Handbook, Polices and Procedures, Conduct) *Texas A&M University-Commerce Procedure A12.08.11*

“Graduate students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all their scholastic work.” *Texas A&M University-Commerce Procedures A13.12*

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**Counseling/Psychology/Social Work Course Descriptions**

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<tr>
<th>497</th>
<th>Anger Management</th>
<th>3 semester hours.</th>
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<tbody>
<tr>
<td></td>
<td>General</td>
<td>This course is an elective for undergraduate students. As an elective, it is open to students in any major, with consent of instructor. It is particularly valuable to students planning to enter the fields of psychology, counseling, social work, criminal justice, and education in general. The course is designed to acquaint students with models/theories of anger management. The overall focus will be upon the application of these theories to insure student persistence and success.</td>
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<td>Organized as a seminar, students examine various aspects of anger management and characteristics of individuals with anger issues. In addition, students will study models/theories of anger management and learn skills/techniques associated with anger management.</td>
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**Course Objectives**

Students will:

- Increased ability to communicate, mediate, and resolve interpersonal problems
- Increased affect regulation and appropriate emotional expression
- Cognitive restructuring that promotes healthy affect regulation, decision making, problem solving skills, and behavioral change
- Effective self-monitoring, defusing, and de-escalation techniques
- Decreased impulsivity and behavioral acting out
- Increased capacity for conflict resolution
- Increased inhibition of aggression
- Increased frustration tolerance
- Enhanced coping skills

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**Content Outline**

- Theories/models related to anger management
- Anger Management techniques to promote and enhance student learning
- Student issues with anger

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**Grading**

Grades will be assigned as follows:

- **A** 90% - 100% Defined as consistently excellent performance which distinguishes the individual as being highly motivated to succeed.
- **B** 80% - 89% Defined as above average performance, occasionally submitting work of superior quality distinguishing the individual as being of high caliber.
- **C** 70% - 79% Defined as average performance with little or no distinction.
- **D** 60% - 69% Defined as below average performance, but acceptable (according to university standards) in order to receive a passing grade.
- **F** 0% - 59% Defined as unacceptable performance in relation to standards.

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**Requirements**

**World Wide Web Access:**

Students must be able to use a web browser (Netscape, Explorer, Opera, Mozilla Firefox). Many non-text resources maybe viewed, copied, or downloaded through sites on the World Wide Web. Additionally, instructor-produced supplemental materials will be located at the course web site. Computers for student use can be found in various locations on the Commerce and Metroplex campuses.

**Email:**

Email is an efficient means of communication between instructor and class participants. All students are assigned an official email account by the University. Students who prefer email contact via some other account must provide that email address to the instructor.

1. Each student will assume responsibility for being the “resident expert” for one theory related to anger management. He or she will present a brief presentation to the class regarding the development and basic tenets of the theory. 30% of final
grade. (5 pages) (Please check with instructor when you select your theory) (Due date: Week of November 5/12, 2015)

2. Each student will write an analysis of the video Anger Management. He or she will make a brief presentation to the class highlighting the specific issues discovered and suggesting interventions that might aid in the enhancement of the movies. (5 pages) 30% of final grade. (Due date: September 24, 2015)

Book Discussions:
1. Students will read instructor-selected text(s), prepare for class discussion of text(s), and prepare questions to promote and enhance such discussions. 40% of final grade. (Due Date: You select when you are ready to present to class. All presentations must be done prior to December 3, 2015)

Active Attendance:
Because of the interactive nature of COUNSELING/PSYCHOLOGY/SOCIAL WORK 497 students are expected to participate in all class discussions. Any foreseeable absences must be discussed with the instructor prior to the absence. As most students are part-time students yet full-time employees, occasional emergency absences are anticipated. Excessive absences will have a negative effect on students’ final grades for the course.

Course Materials
Text:

The book for Anger Management will be “MANGING ANGER” ISBN: 978-1-4507-0080-1 published by Hendricks and Hayes. (available in bookstore) www.managinganger.us

A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.
EXCELLENT RESOURSE TO LEARN OF ANGER MANAGEMENT THEORIES:

Anger Theory and Management: A Historical Analysis  
Author(s): Simon Kemp and K. T. Strongman  
Source:  
The American Journal of Psychology,  
Vol. 108, No. 3 (Autumn, 1995), pp. 397-417  
Published by:  
University of Illinois Press  
Stable URL:  
http://www.jstor.org/stable/1422897  
Accessed: 04-08-2015 13:52 UTC  
REFERENCES  
Linked references are available on JSTOR for this article:  