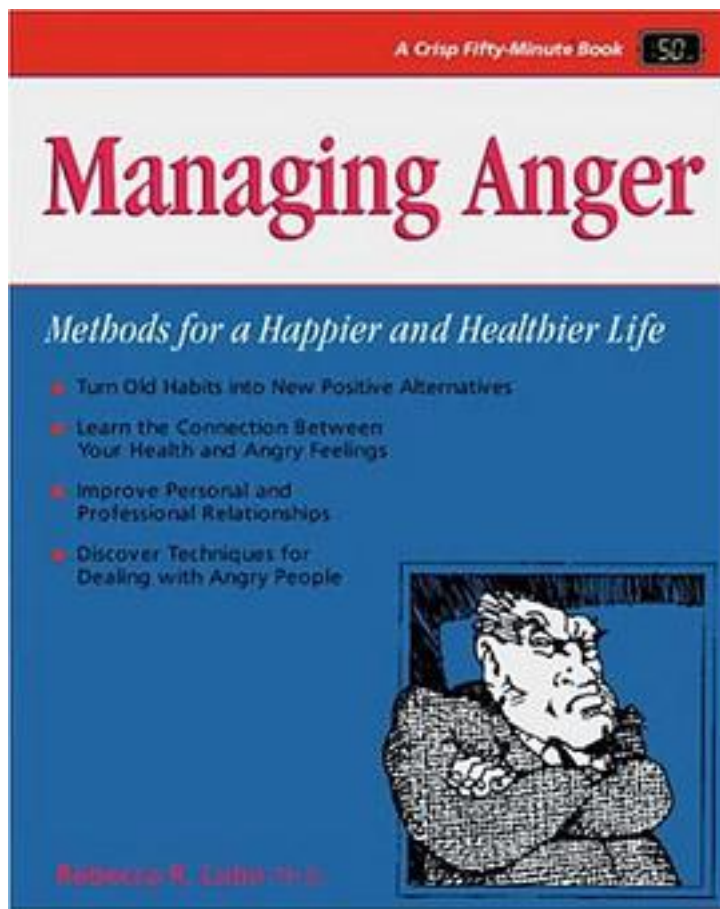


# Managing Anger



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The technique of anger management has become a widely used intervention in a variety of forensic, general mental health and non-clinical settings. This second edition

of "Managing Anger" includes an update on the latest theory and studies of anger treatments with a growing range of clients. This time-saving manual provides a series of session plans to assist the therapist in leading a course of treatment to help individuals manage their problematic anger. These are suitable for use with a wide range of individuals but in particular for those who have cognitive impairment. This new edition contains further practical techniques to assist those who have difficulty in processing information and/or remembering it and, hence, the tendency to misjudge social communication. It also contains additional visual aids and, in response to feedback, there are now worksheets suitable for both sexes. "Managing Anger" provides the essential tools needed to run an anger management treatment course. It will be an invaluable resource for practitioners.

作者介绍:

目录:

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