

ANGER MANAGEMENT

A listing of materials available at the Justice Institute Library

GENERAL BOOKS

ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger by Georg H. Eifert, Matthew McKay, and John P. Forsyth. Oakland, CA: New Harbinger Publications. (RC 569.5 A53 E36 2006)

Aggression, Family Violence, and Chemical Dependency by Ronald T. Potter-Efron. New York, NY: Haworth Press. (HV 6626 A344 1990)

Anger at Work by Hendrie Weisinger. New York, NY: W. Morrow and Co. (HD 42 W437 1995)

The Anger Control Workbook: [Simple, Innovative Techniques for Managing Anger and Developing Healthier Ways of Relating] by Matthew McKay and Peter D. Rogers. Oakland, CA: New Harbinger Publications. (BF 575 A5 M153 2000)

The Anger Habit by Carl Semmelroth and Donald E.P. Smith. San Jose, CA: Writer's Showcase. (BF 575 A5 S44 2000)

The Anger Habit Workbook: Practical Steps for Anger Management by Carl Semmelroth. San Jose, CA: Writer's Club Press. (BF 575 A5 S442 2002)

Anger Kills: Seventeen Strategies for Controlling the Hostility That Can Harm Your Health by Redford B. Williams. New York, NY: HarperCollins Publishers. (RC 685 C6 W547 1994)

Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life by Raymond Chip Tafrate and Howard Kassinove. Atascadero, CA: Impact. (BF 575 A5 T35 2009)

Anger Management Programming for Federal Male Inmates: An Effective Intervention by Craig Dowden, Kelley Blanchette, and Ralph Serin. Ottawa, ON: Correctional Service Canada, Research Branch. (HV 9274 D683 1999)

Anger: The Misunderstood Emotion by Carol Tavris. New York, NY: Simon & Schuster. (BF 575 A5 T38 1989)

Anger: Wisdom for Cooling the Flames by Thich Nhat Hanh. New York, NY: Riverhead Books. (BQ 5410 N456 2001)

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- The Anger Workbook** by Lorraine Bilodeau. Center City, MN: Haelden Educational Materials. (BF 575 A5 B55 1994)
- Angry All the Time: An Emergency Guide to Anger Control** by Ron Potter-Efron. Oakland, CA: New Harbinger Pub. (BF 575 A5 P687 2004)
- Angry Men, Passive Men: Understanding the Roots of Men's Anger and How to Move Beyond It** by Marvin Allen. New York, NY: Fawcett Columbine. (HQ 1090 A45 1994)
- Boiling Point: The High Cost of Unhealthy Anger to Individuals and Society** by Jane Middleton-Moz. Deerfield Beach, FL: Health Communications. (BF 575 A5 M5 1999)
- Boiling Point: The Workbook: Dealing With the Anger in Our Lives** by Jane Middleton-Moz. Deerfield Beach, FL: Health Communications. (BF 575 A5 M534 2000)
- Boys Will Be Boys: Breaking the Link Between Masculinity and Violence** by Myriam Miedzian. New York, NY: Doubleday. (HQ 775 M58 2002)
- Cage Your Rage: For Women** by Judith Urquhart and Murray C. Cullen. Lanham, MD: American Correctional Association. (BF 575 A5 U763 2004)
- The Cow in the Parking Lot: A Zen Approach to Overcoming Anger** by Leonard Scheff and Susan Edmiston. New York, NY: Workman Pub. (BF 575 A5 S333 2010)
- Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships** by Harriet Goldhor Lerner. New York, NY: Harper & Row. (BF 575 A5 L47 1985)
- Dealing with Anger.** New Westminster, BC: Justice Institute of British Columbia, Centre for Conflict Resolution Training. (BF 574 A5 H645 2005) (Shelved in Course manuals section.)
- Dealing with Anger Problems: Rational-Emotive Therapeutic Interventions** by Windy Dryden. Sarasota, FL: Professional Resource Exchange. (RC 489 R3 D786 1990)
- Emotions and Aggressive Behavior** edited by Georges Steffgen and Mario Gollwitzer. Cambridge, MA: Hogrefe & Huber. (BF 575 A3 E46 2007)
- Facing the Fire: Experiencing and Expressing Anger Appropriately** by John H. Lee. New York, NY: Bantam Books. (BF 575 A5 L44 1993)
- Handbook of Anger Management and Domestic Violence Offender Treatment** by Ronald T. Potter-Efron. New York, NY: Routledge. (RC 569.5 A53 P67 2015)
- Handbook of Anger Management: Individual, Couple, Family, and Group Approaches** by Ronald T. Potter-Efron. New York, NY: Haworth Press. (RC 569.5 A53 P684 2005)
- Letting Go of Anger: The Eleven Most Common Anger Styles & What to Do About Them** by Ronald T. Potter-Efron and Patricia S. Potter-Efron. Oakland, CA: New Harbinger Publications. (BF 575 A5 P687 2006)

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- Make Anger Your Ally** by Neil Clark Warren. Colorado Springs, CO: Focus on the Family Pub. (BF 575 A5 W37 1993)
- Management of Aggressive Behavior.** Powers Lake, WI: Performance Dimensions Publishing. (BF 575 A3 O88 1993)
- Managing Anger: Methods for a Happier and Healthier Life** by Rebecca Luhn. Los Altos, CA: Crisp Publications. (BF 575 A5 L84 1992)
- Men & Anger: Understanding and Managing Your Anger** by Murray Cullen and Robert E. Freeman-Longo. Holyoke, MA: NEARI Press. (BF 575 A5 C85 1996)
- On Aggression** by Konrad Lorenz. New York, NY: Bantam Books. (BF 575 A3 L67 1967)
- Overcoming Anger in Your Relationship: How to Break the Cycle of Arguments, Put-Downs, and Stony Silences** by W. Robert Nay. New York, NY: Guilford Press. (BF 575 A5 N384 2010)
- The Psychobiology of Aggression: Engines, Measurement, Control** by Marc Hillbrand. New York, NY: Haworth Press. (RC 569.5 A34 P79 1994)
- Taking Charge of Anger: Six Steps to Asserting Yourself without Losing Control** by W. Robert Nay. New York, NY: The Guilford Press. (BF 575 A5 N39 2012)
- Violent Men: An Inquiry into the Psychology of Violence** by Hans Toch. Washington, DC: American Psychological Association. (BF 575 A3 T6 1992)
- When Anger Hurts: Quietening the Storm Within** by Matthew McKay, Peter D. Rogers, and Judith McKay. Oakland, CA: New Harbinger Publications. (BF 575 A5 M37 2003)
- When Good Men Get Angry** by Bill Perkins. Carol Stream, IL: Tyndale House Publishers. (BF 575 A5 P49 2009)
- Working Anger: Preventing and Resolving Conflict on the Job** by Ronald T. Potter-Efron. Oakland, CA: New Harbinger Publications. (HD 42 P67 1998)

GENERAL AUDIO CDs

- The Dance of Anger** by Harriet Goldhor Lerner. New York, NY: Harper Audio. (BF 575 A5 L47 2004)
Harriet Goldhor Lerner tells how to clarify and change relationships rather than remain stuck in patterns of emotional distancing or ineffective fighting and blaming. She teaches how to stop choosing between having a relationship and having a self.
(Book also available: BF 575 A5 L47 1985)

GENERAL DVDs

- D552 **Anger** (DVD, 52 minutes)
Using the stories of two men, illustrates different aspects of anger. Also explores how researchers attempt to help young people cope with anger by applying what they learn from studies of the brain. (Image Media) (BF 575 A5 A53 2004)
- D1271 **Defusing Hostility** (DVD, 47 minutes)
A practical approach to understanding and helping those who are angry with us. Designed to help us to better understand our own feelings and behaviors when we are confronted by another's anger, to increase our awareness of the causes of anger and hostility, and to learn the skills that can transform a confrontation into a positive resolution. (Dale Trimble and Associates) (BF 575 A5 D434 2007)
- D1306 **Diffusing Aggressive Behavior** (DVD, 18 minutes)
Sooner or later police officers must deal with an angry, aggressive person. Using dramatizations, this video shows how to effectively diffuse situations before they get out of hand, without having anyone hurt. (AIMS Multimedia) (HV 7936 P75 1989)
- D1838 **Getting Control of Yourself: Anger Management Tools & Techniques**
(DVD, 75 minutes)
Discusses the neurochemistry of anger, how to recognize a client's personal anger-types, and how to help them master antidotes such as recognizing triggers and becoming more skillfully self-aware. (Kinetic Video) (RC 569.5 A53 G47 2012)
- D1351 **How to Manage Anger and Take Control** (DVD, 34 minutes)
Anger is a fact of life! If it is not accepted, confronted and expressed it can be lethal. Dr. Carle's practical 3-step anger-busting strategy is frame it, claim it and tame it. (InterChange Communications Training) (BF 575 A5 C275 1992)
- D1357 **Management of Aggressive Behavior** (DVD, 20 minutes)
Demonstrates ways to manage encounters with aggressive individuals to improve your personal safety. (Distribution Access) (BF 575 A3 M253 1994)
- D1286 **Managing Your Anger, Maintaining Your Professionalism** (DVD, 16 minutes)
Shows how a staff member's ability to manage anger can affect a potential crisis situation. Describes the healthy steps for managing your own anger, appropriate ways of expressing anger, and how to use rational detachment as a tool to reduce your level of anger. (Crisis Prevention Institute) (BF 575 A5 M253 2000)
- D1280 **The Preventive Techniques II** (DVD, 27 minutes)
This program is a valuable tool for introducing or reviewing Nonviolent Crisis Intervention® nonverbal, verbal, and de-escalation techniques. It is aimed at staff who work with potentially disruptive, aggressive, and/or out-of-control persons. Nonviolent crisis intervention is a safe non-harmful behaviour management system designed to aid staff in developing the basic preventive techniques necessary to defuse potentially violent situations. (National Crisis Prevention Institute) (HM 1126 P74 2010)

- D1916 **Short-Term Therapy for Anger Disorders** (DVD, 90 minutes)
 This program discusses how to deal with angry clients and abusive partners and develop a short-term treatment plan. It provides the following: a step-by-step overview of anger management; professional and legal overviews of domestic violence; a detailed short-term treatment program for dealing with anger issues; an understanding of issues of power and control in abusive relationships; and guidance in building a practice. (Sage Publications) (BF 575 A5 S56 1998)
- D1925 **Why Are You so Angry?** (DVD, 34 minutes)
 Four individuals confront their anger and learn constructive ways of coping with it. Explores causes of anger--biological, psychiatric, substance abuse, social and cultural. Shows destructive results of mishandling anger. Discusses several cognitive and behavioural strategies for dealing with anger. (Kinetic) (BF 575 A5 W488 1991)
- D1924 **Why Patients Get Angry** (DVD, 26 minutes)
 Explores the many sources of anger, and offers health professionals valuable suggestions for dealing with upset clients. Throughout the program, patients discuss exasperating hospital experiences. A nurse, a physician and a human resource specialist explain the nature of human anger, and give reasons for specific patient reactions within the hospital. (Kinetic) (R 727.3 W486 1985)

ANGER IN YOUTH - BOOKS

- Aggression Replacement Training: A Comprehensive Intervention for Aggressive Youth** by Barry Glick and John C. Gibbs. Champaign, IL: Research Press. (BF 575 A3 G65 2011)
- Anger Management for Youth: Stemming Aggression and Violence** by Leona L. Eggert. Bloomington, IN: National Educational Service. (BF 724.3 A55 E35 1994)
- Cage Your Rage for Teens** by Murray Cullen. Lanham, MD: American Correctional Association. (BF 575 A5 C84 1996)
- Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger** by Meg Eastman with Sydney Craft Rozen. New York, NY: Wiley. (BF 723 A4 E38 1994)
- A Volcano in My Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers** by Warwick Pudney. Gabriola, BC: New Society Publishers. (BF 723 A4 P835 1996)
- When Anger Hurts Your Kids: A Parent's Guide** by Matthew McKay ... [et al.]. Oakland, CA: New Harbinger Publications. (HQ 755.8 W47 1996)
- Your Angry Child: A Guide for Parents** by Daniel L. Davis. New York, NY: Haworth Press. (BF 723 A4 D38 2004)

ANGER IN YOUTH - DVDs

- D1538 **Working with Hostile and Resistant Teens** (DVD, 90 minutes)
Counselor Steve Campbell role plays with at risk kids, most of whom are acting out their own personal histories. Campbell provides an analysis of each encounter, demonstrating how the “game triangle” works, how to avoid getting sucked into it, and how to get beyond it into the real problems. (Attainment Co.) (HV 1431 W675 2005)

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