ANGER MANAGEMENT

A listing of materials available at the Justice Institute Library

GENERAL BOOKS


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


ANGER MANAGEMENT


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.)


ANGER MANAGEMENT


GENERAL AUDIO CDs


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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Duration</th>
<th>Description</th>
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<tbody>
<tr>
<td>D552</td>
<td><strong>Anger</strong> (DVD, 52 minutes)</td>
<td></td>
<td>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)</td>
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<tr>
<td>D1271</td>
<td><strong>Defusing Hostility</strong> (DVD, 47 minutes)</td>
<td></td>
<td>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)</td>
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<tr>
<td>D1306</td>
<td><strong>Diffusing Aggressive Behavior</strong> (DVD, 18 minutes)</td>
<td></td>
<td>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)</td>
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<tr>
<td>D1838</td>
<td><strong>Getting Control of Yourself: Anger Management Tools &amp; Techniques</strong></td>
<td>(DVD, 75 minutes)</td>
<td>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)</td>
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<tr>
<td>D1351</td>
<td><strong>How to Manage Anger and Take Control</strong> (DVD, 34 minutes)</td>
<td></td>
<td>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)</td>
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<tr>
<td>D1357</td>
<td><strong>Management of Aggressive Behavior</strong> (DVD, 20 minutes)</td>
<td></td>
<td>Demonstrates ways to manage encounters with aggressive individuals to improve your personal safety. (Distribution Access) (BF 575 A3 M253 1994)</td>
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<tr>
<td>D1286</td>
<td><strong>Managing Your Anger, Maintaining Your Professionalism</strong> (DVD, 16 minutes)</td>
<td></td>
<td>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)</td>
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<tr>
<td>D1280</td>
<td><strong>The Preventive Techniques II</strong> (DVD, 27 minutes)</td>
<td></td>
<td>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)</td>
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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)

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**ANGER IN YOUTH - BOOKS**


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<th>D1538</th>
<th>Working with Hostile and Resistant Teens (DVD, 90 minutes)</th>
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<td>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)</td>
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*Last updated: April 18, 2016*

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