

2010 Anger Management

Official Syllabus

Parent Road, Inc.

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This anger management program was designed by Patrick M. Reilly, Ph.D. Michael S. Shopshire, Ph.D. of the U.S. Department of Health and Human Services and Michael S. Shopshire, Ph.D., of the San Francisco Treatment Research Center.

The treatment model combines a CBT approach that employs relaxation, cognitive, and communication skills interventions. While this course introduces several anger management techniques and includes both group discussion and practice, ongoing anger management aftercare groups are recommended.

Administration of this program is through **Parent Road, Inc.**, a nationally recognized 501c3 organization.

Training Formats

This course is offered in an Advanced Format and a Basic Format.

The **Advanced Format** is designed to guarantee the highest accountability. It includes an oral examination and classroom interaction with other students using video technology.

The **Basic Format** includes the same class instruction as the Advanced Format but without the video interaction with other students. It also may or may not include an oral examination.

We code each student's certification number to indicate which class format was used and whether or not a student has participated in an oral examination. Community professionals can recommend a particular format to students, i.e.,

“We accept Parent Road certified training in the Advanced Format or the Basic Format when you include a proctored oral examination.”

Certification Criteria

Anger Management Advanced includes (11) training hours with an option to add additional hours. There are (8) hours of class instruction and (3) hours of small group interaction. Additional hours of training are to students who participate in additional small group interaction.

An *Anger Management Advanced* student must fax or electronically submit a copy of his or her valid state-issued photo ID prior to participating in a small group. In addition, prior to certification each student must participate in (8) hours of instruction, answer discussion questions, pass a Final Exam, participate in at least (3) hours of small group interaction, and pass an oral examination.

Anger Management Basic includes (8) training hours with no option to add additional hours. The (8) hours of training includes class instruction only.

An *Anger Management Basic* student must participate in (8) hours of classroom instruction, answer discussion questions and pass a Final Exam. Students have the option of adding a proctored oral examination. If a student adds the oral examination, he or she will be required to fax or electronically submit a copy of his or her valid state-issues photo ID prior to participating in the oral examination. The benefit of adding the proctored oral examination is that it increases student accountability more affordably and it doesn't require webcam technology. Proctors are required to be a school teacher, school administrator, probation officer, or social worker. The oral examination includes up to (10) correctly answered questions from the student's Final Exam and the process is conducted through the proctor's official email.

Students are provided supportive guidance throughout the training process. Parent Road extends opportunities for each student to produce the reasonable work-quality required of each class. If a student fails to perform any of the basic requirements for certification, he or she will not be certified and may not be

entitled to a refund due to the organizational resources used during his or her training.

Class Instruction Details

Anger Management 101 has eight structured modules. Each module includes instructions, visual aids, class discussion questions, quizzes, and homework. Students who have provided all necessary documentation will be granted access to a Final Exam. In all cases, taking the Final Exam is not appropriate unless a student has successfully reviewed each module and adequately answered the related discussion questions.

Module One: The Basics

This module introduces students to the purpose of the class and the basics of anger management including the myths involved.

Module Two: Events & Cues

This module suggests that when someone gets angry, it is because an event has provoked the anger. The specific events may be associated with sensitive areas in a person's life. These sensitive areas or "red flags" are usually long-standing issues.

Module Three: Anger Control Plans

This module begins to discuss how to develop an anger control plan and how specific strategies such as time-outs and relaxation can be tools to control anger.

Module Four: The Aggression Cycle

This module introduces the framework for integrating concepts from the previous modules. This framework is called the aggression cycle. Episodes of anger are viewed as consisting of three phases: Escalation, Explosion, Post-Explosion.

Module Five: Cognitive Restructuring

The Cognitive Restructuring module introduces Albert Ellis' model known to be critical for anger management treatment. In this model, the A-B-C-D or rational-emotive model includes: "A" as an Activating event; "B" as the Beliefs people

have about the activating event; “C” as the emotional Consequences of events; “D” as the Dispute that often can follow.

Module Six: Assertiveness Training

This module explores assertiveness and how it involves a set of behaviors and skills that require time and practice to learn and master.

The material presented establishes the most important aspect of assertiveness training: conflict resolution.

Module Seven: Conflict Resolution Model

This module introduces students to a method of acting assertively called the Conflict Resolution Model. This method involves five steps of problem solving that can easily be memorized.

Module Eight: Anger & the Family

The final structured module explores how anger and other emotions are displayed by parents and in families. The purpose of this module is to examine the connection between what a student learned in the family that he or she grew up, and current behavior & interactions with others now as adults.

Verification of Training

Certification for this course requires a minimum Final Exam score of 90%. The test results as well as all additional supportive documentation are available upon request in the form of a student report. Student reports are only released electronically directly to a student in the form of a PDF file. The information in this file can be “verified” by third-parties who have the report’s identification number, however the detailed information within the report will generally not be “released” to anyone other than the student.

All students must agree to allow full-public access to limited-query information. This means that basic information about a student’s training will be accessible to anyone who visits the Parent Road website. The basic training information will be released when a *training verification* query is performed using a valid certification

number. This allows community professionals and other parties to verify a student's certification status. The information provided will always include a student's first and last name, the type of class, and the date of certification. A PDF image of a student's original certificate may be also be accessible.

To view a sample query, perform the following steps:

- 1) Go to parentroad.org/verify.html
- 2) Enter this sample certification number into the query box: **AM124LBA**
- 3) Press the "Verify" button and notice the results

Understanding Certification Numbers

Codes ending in "A" (example AM124LBA)

Codes that end in an "A" indicate a student who has presented our organization with a state-issued photo ID and who has attended live video conferences. These students have also completed an oral examination to verify that they have successfully understood course material.

Codes ending in "P" (example AM124LBP)

Codes that end in a "P" indicate a student who has taken a "Basic Course". The student also has presented our organization with a state-issued photo ID and he or she has passed an oral examination by a credible independent proctor to verify that he or she has successfully understood course material.

Codes that end in a "B" (example AM124LBB)

Codes that end in a "B" indicate a student who has taken a "Basic" course with our organization. The training has not been verified by oral examination.