

Innovations in Anger Management Treatment

Robert Landry, PhD

Track: Clinical

CE: CPA/BBS/BRN (1.5)

POST TBD

Narrative

Many clinicians have experienced frustration attempting to teach the principles of cognitive behavioral therapy to concrete patients in a forensic setting. The take away from many Anger Management groups is disappointing. When asking a graduate of an Anger Management group what he learned the most common answer is a variation on, "I learned to count to 10 and walk away." There is a need for an anger treatment model specifically tailored for inmates that addresses their day to day situations and provides them with a deeper understanding of their emotional processes and the choices that could lead to a more fulfilling life. This presentation will describe a third wave, mindfulness based approach developed at Mule Creek State Prison. The 2x2 Anger Response Model maps out the split second cognitive-emotional processes that happens when an individual experiences anger.

BIO

Robert Landry, PhD

Clinical Psychologist, Mule Creek State Prison

Robert is a clinical psychologist who has worked at Mule Creek State Prison for 14 years, primarily as a CCCMS clinician. His primary clinical interest has been rehabilitative programming and long term, deep change processes.

Learning Objectives

1. Describe the 2x2 model and flow chart.
2. List three anger management techniques.
3. Describe the development of emotional awareness with a focus on determination, shame and forgiveness.