

Clinical Anger Management Course Module 1 Understanding Anger Recommended Schedule

Module 1: Understanding Anger 4 Clock Hours (Four 50-minute Sessions)

Session 1 (50 minutes)

Understanding Anger

0–10 minutes

- Welcome
- Introductions
- Confidentiality
- Group Rules
- Course expectations
- Learning objectives

Slides:

- Welcome
- Learning Objectives
- Course Road Map

10–20 minutes

Ice Breaker

"When I become angry, I..."

Partner discussion followed by group sharing.

20–35 minutes

What Is Anger?

Discuss

- Anger is normal
- Anger is protective
- Anger is informative
- Healthy vs unhealthy anger

Interactive discussion.

35–45 minutes

Myths About Anger

Small-group exercise

Each table receives one myth and explains why it is inaccurate.

45–50 minutes

Reflection

Participants complete:

"One thing I learned today..."

Homework

Notice situations during the week that create irritation.

Session 2 (50 minutes)

Why We Become Angry

0–5 minutes

Review homework

5–15 minutes

Why do people become angry?

Brainstorm

Internal reasons

External reasons

Threats

Needs

Expectations

15–35 minutes

Brain Science

Teach

Prefrontal Cortex

Limbic System

Amygdala

Hippocampus

Fight

Flight

Freeze

Fawn

Use the illustrations.

35–45 minutes

"What changes do you notice?"

Students identify:

Body

Thoughts

Emotions

Behavior

45–50 minutes

Quick review quiz

Session 3 (50 minutes)

The Anger Cycle

0–5 minutes

Review

5–20 minutes

Walk through the CBT

Anger Cycle

Trigger

↓

Thought

↓

Emotion

↓

Physical Changes

↓

Behavior

↓

Consequences

Discuss each step.

20–35 minutes

Reaction Exercise

Students analyze a real anger episode.

35–45 minutes

Group discussion

"What could have interrupted the cycle?"

45–50 minutes

Key concepts review

Session 4 (50 minutes)

Triggers and Warning Signs

0–10 minutes

Review

10–20 minutes

Internal Triggers

Pain

Stress

Trauma

Fatigue

Hunger
Loneliness

20–30 minutes

External Triggers
Criticism
Traffic
Money
Parenting
Relationships
Technology

30–40 minutes

Warning Signs
Physical
Emotional
Behavioral
Students complete their Warning Signs worksheet.

40–45 minutes

Small Group Discussion
"When I become angry I usually..."
Think
Feel
Do
Need

45–50 minutes

Key Takeaways
Review
Preview Module 2
Assign homework

Suggested Time Allocation

Topic	Minutes
Welcome/Review	30
Lecture	65
Group Discussion	35
Activities/Worksheets	45
Reflection & Wrap-Up	25
Total Instruction	200 min (4 × 50 min)

Why this schedule works

This pacing aligns well with adult learning principles and court-approved psychoeducational programming because each 50-minute session follows a consistent structure:

- **5–10 minutes:** Review and engagement
- **20–25 minutes:** New instruction
- **15–20 minutes:** Interactive exercise or discussion
- **5 minutes:** Reflection, homework, and transition

It also avoids placing all of the neuroscience in one long block. Instead, participants move repeatedly between learning, discussion, and application, which typically improves engagement and retention. Based on the presentation you've developed, this division would require very few slide changes while making the course feel much more interactive and easier to facilitate.