

Clinical Anger Management Course Recommended Schedule

Module 5: Understanding Trauma 5 Clock Hours (6, 50-minute Sessions)

Clinical Anger Management Program
Module 5 – Understanding Trauma
5 Hours Total (Six 50-Minute Sessions)

Session	Topics	Activities	Homework
Session 1	Introduction to Trauma	• Welcome & introductions	Complete an Emotion Awareness Log and identify situations that trigger emotional reactions.
	• Course overview	• Guided mindfulness exercise	
Session 2	• Learning objectives	• Emotions Wheel discussion	Read the Brain Healing handout and identify one myth you previously believed.
	• What is trauma?	• Personal reflection: "How has anger protected me?"	
Session 3	• Why the brain reacts before we think		Complete the Brain Under Stress worksheet using one recent anger event.
	• Mindfulness Meditation		
Session 4	• Emotions Wheel		
	How Trauma Changes the Brain	• Myth vs. Fact group activity	
Session 5	• Historical understanding of the brain	• Brain anatomy labeling exercise	
	• Brain healing myths	• Small-group discussion: Which myth affected you most?	
Session 6	• Anger myths		
	• Neuroplasticity		
Session 7	• "Your Brain on Trauma"		
	Brain Anatomy and Emotional Regulation	• Brain model demonstration	
Session 8	• Amygdala	• Trigger mapping worksheet	
	• Hippocampus	• "Brain Under Stress" reflection activity	
Session 9	• Prefrontal Cortex		
	• Limbic System		
Session 10	• Amygdala Hijack		
	• Fight, Flight, Freeze, Fawn		

Session	Topics	Activities	Homework
Session 4	Developmental Trauma & Unmet Needs		
	• Erikson's Developmental Stages • Childhood emotional needs • Trauma and attachment • How unmet needs influence adult anger • Healing unmet needs through therapy	• Complete the Illustrated Developmental Needs Worksheet • Pair discussion (optional) • Therapist-guided reflection on unmet needs	Journal: "Which developmental stage continues to influence my relationships today?"
Session 5	Healing the Brain		
	• Neuroplasticity • Evidence-based trauma treatment • Healing without medication • Therapeutic relationship • Building new neural pathways	• Brain Healing Plan worksheet • Protective Factors activity • Group discussion: "What does safety look like?"	Practice two daily healing strategies and record observations throughout the week.
Session 6	Integration, Application & Course Wrap-Up		
	• Brain analogy exercise • Personal healing roadmap • Review of trauma and anger concepts • Questions and discussion • Course conclusion	• Comprehensive case study • Personal Trauma Recovery Plan • Post-test • Course evaluation • Certificate presentation	Continue implementing the Personal Healing Plan and emotional regulation skills in everyday life.

Standard 50-Minute Class Format

Each class follows a consistent structure:

Activity	Time
Welcome, Check-In & Homework Review	5 minutes
Lecture & Interactive Teaching	20 minutes
Demonstration / Video / Illustration Review	10 minutes

Activity	Time
Experiential Activity or Worksheet	10 minutes
Discussion, Summary & Homework	5 minutes

Participant Handouts by Session

Session 1

- Mindfulness Meditation
- Emotions Wheel
- Emotion Awareness Log

Session 2

- Common Brain Myths
- Trauma Myths vs. Facts
- Brain Healing Timeline

Session 3

- Brain Anatomy Diagram
- Amygdala Hijack Worksheet
- Trigger Identification Worksheet

Session 4

- Erikson's Developmental Stages
- Understanding My Unmet Needs Worksheet
- Healing Unmet Needs Through Therapy Illustration
- Personal Reflection Journal

Session 5

- Ways to Heal the Brain
- Neuroplasticity Worksheet
- Brain Healing Plan
- Protective Factors Checklist

Session 6

- Trauma Recovery Action Plan
- Course Post-Test
- Program Evaluation
- Certificate of Completion

Learning Outcomes

By the end of this 5-hour module, participants will be able to:

- Explain how trauma affects the brain, body, and nervous system.
- Describe the roles of the amygdala, hippocampus, prefrontal cortex, and limbic system in emotional regulation.
- Recognize how developmental experiences and unmet emotional needs influence anger and relationships.
- Identify evidence-based strategies that support neuroplasticity and recovery.
- Apply trauma-informed coping skills to improve emotional regulation.
- Develop a personalized healing plan that promotes resilience, healthy relationships, and long-term emotional wellness.

This schedule is well suited for court-referred anger management, behavioral health continuing education, and psychoeducational group settings because it balances lecture, discussion, experiential learning, reflection, and practical skill development while making full use of the expanded content in your revised Module 5 presentation.