

Clinical Anger Management Course Recommended Schedule

Module 4: Building Relationships 5 Clock Hours (5, 50-minute Sessions)

Session	Topic	Time
Session 1	Introduction & Foundations	50 min
Session 2	Core Concepts	50 min
Session 3	Skills Development	50 min
Session 4	Practical Application	50 min
Session 5	Case Studies & Practice	50 min
Session 6	Integration, Assessment & Wrap-Up	50 min

Session 1 (50 minutes)

Welcome and Course Introduction

0–10 minutes

- Welcome and introductions
- Course overview
- Learning objectives
- Expectations and ground rules

10–20 minutes

- Icebreaker activity
- Participant discussion

20–40 minutes

- Teach foundational concepts
- Explain why the topic is important

40–50 minutes

- Questions and discussion
 - Transition to next session
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Session 2 (50 minutes)

Understanding the Core Material

0–10 minutes

- Review previous session

10–25 minutes

- Presentation of major concepts

25–40 minutes

- Group discussion
- Interactive examples

40–50 minutes

- Knowledge check
 - Reflection
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Session 3 (50 minutes)

Building Practical Skills

0–10 minutes

- Review

10–25 minutes

- Demonstration of skills

25–40 minutes

- Guided practice
- Worksheet or activity

40–50 minutes

- Debrief
 - Questions
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Session 4 (50 minutes)

Applying the Skills

0–10 minutes

- Review

10–20 minutes

- Instructor demonstration

20–40 minutes

- Small-group activity
- Role-play or scenario practice

40–50 minutes

- Group discussion
 - Feedback
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Session 5 (50 minutes)

Case Studies and Real-Life Application

0–10 minutes

- Review

10–25 minutes

- Case Study #1

25–40 minutes

- Case Study #2

40–50 minutes

- Group processing
 - Lessons learned
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Session 6 (50 minutes)

Integration and Course Completion

0–15 minutes

- Comprehensive review

15–30 minutes

- Final activity
- Personal action planning

30–40 minutes

- Post-test or knowledge check

40–45 minutes

- Course evaluation

45–50 minutes

- Certificates (if applicable)
- Questions
- Closing remarks

Instructional Time Breakdown

Activity	Minutes
Welcome & Introductions	20
Lecture/Presentation	120
Demonstrations	30
Group Discussion	40
Worksheets/Activities	45
Case Studies/Role-Play	25
Assessment & Wrap-Up	20
Total	300 Minutes (5 Hours)

This schedule follows adult learning principles by alternating instruction with discussion and hands-on practice, helping participants remain engaged throughout the five-hour course.