

Clinical Anger Management Course Module 1 Understanding Anger Recommended Schedule

Module 3: DBT, CBT, ACT Coping Skills 8 Clock Hours (8, 50-minute Sessions)

Session 1 (50 minutes)

Building Your Emotional Toolbox

0–10 minutes

- Welcome
- Review Module 2
- Emotional check-in
- Introduce today's toolbox concept

10–20 minutes

Discussion

Temporary Relief vs.

Long-Term Coping

Participants brainstorm examples.

20–35 minutes

Teach

Healthy Coping

- Why coping skills work
- Why unhealthy coping temporarily feels good
- Building habits instead of reactions

35–45 minutes

Complete

Building My Emotional Toolbox worksheet

45–50 minutes

Reflection

Choose three coping skills to practice this week.

Session 2 (50 minutes)

Wise Mind

0–10 minutes

Review

10–25 minutes

Teach

The Three Minds

- Emotion Mind
- Reasonable Mind
- Wise Mind

25–40 minutes

Complete

Three Minds Worksheet

Discuss examples.

40–50 minutes

Role Play

Practice responding from each mindset.

Session 3 (50 minutes)

STOP Skill

0–10 minutes

Review

10–20 minutes

Teach

STOP

S — Stop

T — Take a Step Back

O — Observe

P — Proceed Mindfully

20–40 minutes

Complete

STOP worksheet

40–50 minutes

Role-play

Traffic

Family conflict

Workplace conflict

Session 4 (50 minutes)

Calming the Body

0–10 minutes



Review

10–20 minutes
Controlled Breathing
Practice

20–30 minutes
Progressive Muscle Relaxation
Practice

30–40 minutes
Grounding
5–4–3–2–1
Practice

40–50 minutes
One-Minute Mindfulness
Guided exercise
Complete discussion

Session 5 (50 minutes)

CBT Skills
0–10 minutes
Review

10–25 minutes
Teach
CBT Model
Situation
↓
Thought
↓
Feeling
↓
Behavior
↓
Outcome

25–40 minutes
Complete CBT worksheet

40–50 minutes
Identify Thinking Traps

Practice reframing thoughts.

Session 6 (50 minutes)

ACT Skills

0–10 minutes

Review

10–20 minutes

Introduction to ACT

Psychological Flexibility

20–35 minutes

Teach

Six Core ACT Processes

Acceptance

Defusion

Present Moment

Self-as-Context

Values

Committed Action

35–50 minutes

Complete ACT worksheet

Session 7 (50 minutes)

TIPP Skills

0–10 minutes

Review

10–20 minutes

Temperature

Demonstration

20–30 minutes

Intense Exercise

Discussion

Practice

30–40 minutes

Paced Breathing

Practice

40–50 minutes



Progressive Relaxation Practice

Session 8 (50 minutes)

Putting It All Together

0–10 minutes

Review

All coping skills

10–20 minutes

Case Study #1

Participants choose

appropriate coping skills.

20–35 minutes

Case Study #2

Small groups

Develop an emotional regulation plan.

35–45 minutes

Complete

Personal Emotional Toolbox

Review commitments.

45–50 minutes

Wrap-Up

Questions

Homework

Preview Module 4

Suggested Time Allocation

Activity	Minutes
Welcome & Reviews	50
Psychoeducation	100
Demonstrations	45
Guided Practice	70
Worksheets	75
Role-Plays	35
Group Discussion	15
Reflection & Wrap-Up	10
Total Instruction	400 minutes (8 × 50-minute sessions)

Adult Learning Structure

This schedule is designed to keep participants actively engaged by following a consistent instructional rhythm in every session:

- 5–10 minutes: Review and check-in
- 15–20 minutes: Introduce and explain one core skill
- 15–20 minutes: Guided practice using worksheets or demonstrations
- 10–15 minutes: Discussion, role-play, or application
- 5 minutes: Reflection, homework, and transition

Because this module emphasizes DBT (Wise Mind, STOP, TIPP), CBT (thought restructuring), ACT (psychological flexibility), mindfulness, relaxation, and practical coping skills, the emphasis should be on repeated practice rather than lecture. The worksheets—including the Emotional Toolbox, Three Minds, STOP, CBT, ACT, and TIPP handouts—provide an excellent framework for experiential learning throughout the eight sessions.