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Temper Tamers: A Program for Groups Based on Taming Your Temper: Teachers Manual

Nathaniel David Smith LPC

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If you are a mental health professional, life coach, probation officer, clergy, social worker or anyone who wants to facilitate an effective anger management group, this guide is for you. Together with the author's online mental health video series, the Temper Tamers teachers manual provides a complete, holistic approach to helping group members get a handle on a life-sapping, life-threatening condition: uncontrollable anger. The manual, a companion volume to the book Taming Your Temper, includes everything you need to start your own group, including: * Concrete instructions on how to teach 36 exercises from the original book * Five "Extra Credit" lessons * Specific guidelines on class timing, structure, and schedules * Troubleshooting tips * Dozens of forms to track clients' progress, from intake to completion of the program * Every form necessary for reporting and communicating with referral agencies Before starting a Temper Tamers group, you should become a Certified Temper Tamer. The training, which includes hours of extensive information to better prepare you to facilitate a class, is appropriate for anyone who wants to start an anger management group. You do not have to be a licensed clinician to become a Certified Temper Tamer facilitator. Just go to www.mentalhealthclasses.com to get started!

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