

Anger Management Therapy

Anger management programs offer the individual plenty of information regarding techniques and strategies for dealing with anger. Is there anger management therapy available for those who feel the need to take their treatment a step further?

In the early 1970's, a psychiatrist named Aaron T. Beck, M.D, developed an anger management therapy focusing on problem-solving. This therapy initially called Cognitive Therapy is now also known as Cognitive-Behavioral Therapy or CBT. Beck worked with patients for years using his psychiatric knowledge but was burdened to see his patient's treatment making only slow progress. Beck wanted to use a more intense approach to anger management therapy.

Cognitive Therapy is a form of anger management therapy which helps a person to correct or change specific details in their thinking. These details, involving negative feelings, will likely lead to anger and cause behavioral problems. Beck realized that it is during the thinking process, negative thoughts are formed which lead to changes in emotions and behavior. If an individual could be treated at this stage, helping them to change their way of thinking, then they would see changes in their emotions and behavioral pattern. Using strategies and techniques such as relaxation training and assertiveness training, CBT has proven to be a relatively fast method of providing an individual with relief and allowing them to experience freedom through endurance. Cognitive Therapy has proven to be the most effective type of psychological treatment. Its popularity has spread worldwide and is used by many qualified professionals to treat individuals with behavioral difficulties such as anger. Literature about CBT is widely available and there is training in CBT provided for professionals.

Many people who suffer with anger-related issues avoid therapy. Some think they don't need it and others see it as a sign of weakness. The opposite can actually be said of an individual who seeks anger management therapy. They are strong and determined, willing to take whatever measures necessary to make positive changes in their life. When a person gets to the point where they can admit they need anger management therapy, it is essential to find a therapist who makes them feel comfortable. It is important to be able to communicate easily with a therapist since this is the person who will help reshape the individual's life. Building a trusting relationship with their therapist is vital when an individual is committed to therapy, no matter how long it takes.

Being able to share emotions, whether good or bad, is important in anger management therapy. It is through sharing and trusting that a person begins to discover things about themselves. Once these discoveries are revealed, an

individual will begin to work on making changes in their thoughts and emotions which will lead to positive changes in their lives. Anger management therapy may seem tough initially but with a trusting therapist, an individual will certainly make progress. This relationship between the individual and their therapist provides a safety zone, a place where they can feel free to disclose their innermost thoughts and inhibitions. Exploring underlying feelings of these thoughts will eventually provide the tools necessary for success. Anger management therapy, either CBT or meeting regularly with a therapist, is definitely beneficial for people striving to work through anger-related issues. Choosing anger management therapy is a big step and requires the support and encouragement from family and friends.