

Adolescent Conflict Management Programme

SESSION 1

Objectives:

- to begin to understand anger and how it affects peoples lives
- to explore how individuals reach their anger threshold
- to examine communication breakdown leading to verbal or physical abuse
- to introduce a weekly progress journal which helps to self-monitor behavior
- to learn how relaxation techniques can help to reduce inappropriate behaviour

SESSION 2

Objectives:

- to understand how anger has affected peoples lives
- to examine the anger process
- to explore some factors that affect an individual's thoughts
- to examine some methods of managing emotions
- to learn the time-out technique

SESSION 3

Objectives:

- to understand where we learned our anger behaviour
- to examine the three anger styles
- to explore how anger has specifically affected the participants in this group
- to continue to practice relaxation techniques

SESSION 4

Objectives:

- to study the "do's" and "don'ts" of the communication process
- to learn assertiveness techniques of Broken Record Fogging (from video and/or handout)

SESSION 5

Objectives:

- to examine some techniques which help to cope with aggressive people
- to learn effective listening skills
- to understand the use of "I" language
- to provide an overview of communication skills

SESSION 6

Objectives:

- to learn an effective problem solving process
- to understand how unresolved anger affects peoples lives

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