

# Riding the Wave of Aggression - working with those in crisis.



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# Quotes



"Anger is brittle fire that consumes and breaks whatever it engulfs."

Tish Grier



"Tis hard to fight with anger, but the prudent man keeps it under control."

Democritus

# Managing Aggressive Behavior

## **OVERCOMING ANGER**

Other Ideas and Interventions gathered  
over the last 30 years.

# Session Objectives

- Understand the problems and personal costs of anger
- Understand emotional and biological factors that influence anger
- Understand ways to overcome anger

# THE PROBLEM WITH ANGER

Do angry feelings damage your relationship with your spouse, children, or others?

How can you resolve feelings of anger?

# **ANGER A DETONATOR**

Anger thoughts lead to hostile feelings or behavior. It is the detonator of road rage on the freeway, flare-ups in the sports arena, and domestic violence in homes.

# Assault = Abuse

Each day, countless individuals are assaulted verbally, physically, and sexually by angry persons.

Some people find that expressing their anger is satisfying and exhilarating.

They feel powerful and superior when they intimidate others.

# Anger is Addictive

However, anger is addictive, and it damages those who give in to it.

Because anger is so destructive, it usually fails to help people get what they want.

# Costs of Anger

- Loss of control
- Loss of respect
- Guilt
- Loneliness
- ...

# AGGRESSION

Defined as “hostile, injurious, or destructive behavior or outlook, especially caused by frustration.”

-Webster-



Aggression is said to “...differ from violence in that aggression **reflects conditions** (stress, frustration, anger) that **if left unresolved** may culminate in violence.”

– Summer and Smith-

# Physical Response to Anger

This physical readiness might explode in a single verbal or physical response to the perception. Or it might build slowly over time as you experience a series of provocations until you explode over a situation, sometimes something minor that you would normally disregard.

# RESPONSES TO POWERLESSNESS

Institution

versus

Institutionalization



Aggressive

Assertive

Passive



# Resolving Anger

An awareness of distorted perceptions and the physical changes that accompany them provides two strategies for resolving anger:

- (1) to challenge distorted perceptions and
- (2) to avoid anger-provoking situations until tension and stress subside.

# Identify Anger Activators

**HALT**

H.A.L.T.



- What do you do at a STOP sign?

H.A.L.T.



- What do you do at a STOP sign?
- Stop
- Look
- Proceed with caution

H.A.L.T



- Now replace  
STOP  
with  
HALT

# H.A.L.T.



- HALT is first a Crisis Intervention Technique.

- Say the word HALT out loud or in your head

This is a thought stopping mechanism.

# H.A.L.T.



H.A.L.T. is second an assessment process.

Use H.A.L.T. as an acronym

H - Hungry  
A - Angry  
L - Lonely  
T - Tired

H.A.L.T.



Assess yourself or others  
and attempt to satisfy  
the need identified.

H - Hungry  
A - Angry  
L - Lonely  
T - Tired

H.A.L.T.



By assessing and satisfying needs before proceeding, a better outcome is anticipated.

H - Hungry  
A - Angry  
L - Lonely  
T - Tired

H.A.L.T.



Let's  
practice!

H -	Hungry
A -	Angry
L -	Lonely
T -	Tired

# LIVING WITHOUT ANGER

When others threaten or provoke you, you don't need to become angry. Learn to respond in ways that have a better outcome for you and for others, especially your family.

# Challenge Distorted Perceptions

## ■ Indentify the anger cycle

–WAVE - L

- Wind-up
- Agitation
- Verbal Abuse
- Explosion
- Let-down



# 10 Kindergarten Lessons in Anger Management

- 1 – Give yourself a timeout.
- 2 – Redirect your attention.
- 3 – No temper tantrums allowed.
- 4 – No hitting.
- 5 – Don't be a bully.
- 6 – What happens at home stays at home.
- 7 – Treat others as you would like to be treated.
- 8 – Choose your words carefully.
- 9 – Grab your crayons.
- 10 – Ask yourself, is it worth it?

# Anger Intervention

- Blending – Non verbal
- Verbal Judo

# Anger Prevention

- Anger Log
- Defuse Anger Provoking Thoughts
- Time-out
- Calming Thoughts
- Breathing
- Underlying Feelings
- Seek Spiritual Change

# Questions?

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