



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: February 1, 2016

Title: Anger & Acceptance (aka Handling Anger)

Component: Community Rehab. & Support (CRS)

Service: Wellness Self-Management (WSM)

Population: Any PROSper member

Frequency: 1x/week

Duration: 50 minutes

Description: This is an interactive and didactic group which will provide members with information about anger, its purpose and biological effects, as well as provide the opportunity for members to explore past patterns of anger expression. Members will come up with personalized plans of action to express anger in healthy, socially accepted ways, and will role-play such plans in group.

Mode of Work:

- A. **Purpose:** To help group members identify with their anger and express it in healthy, socially appropriate ways.
- B. **Group Framework:** Group will be didactic and use group discussion in conjunction with role-playing, worksheets and cognitive-behavioral techniques.

Expected Outcome: Group members will develop a personalized plan of action for when they are angry and be able to execute it successfully.