

"H.A.N.D.L.E.S"

(Handling Anger Non-Destructively, Learning Easy Strategies).

An Anger (and other emotions) management programme specifically designed for the needs of young people.

Workshop Objectives

By the end of this 2 day training for trainer's workshop, participants will:

- Have participated in a HANDLES programme from start to finish
- Be able to describe and demonstrate the facilitation skills required to manage the content and process of the programme
- Be able to utilise the materials and resources in group and one to one settings with young people.

"HANDLES" PROGRAMME OUTLINE.

There are seven one-hour sessions in the programme. As follows:

(Note: Warm-up activities, previous session Recap and "Crowdie" Activities are part of each session).

Session 1 - Warm-up, Orientation to the programme, Group Building Activities.

Session 2- Anger and Violence, Anger Journal, 'I/You' statements.

Session 3- Anger Journal, Cycle of Anger/ Violence, Physical Signs, Self-Control and Relaxation Techniques.

Session 4 - Power and Control, Family History.

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Session 5 - Belief Systems, "ABC's" (Action, Beliefs and Consequences) Mapping.

Session 6 - Communication, Who owns the problem? "DESP" Model.

Session 7 - Course Review, the Journey, Relapse Prevention, Outside Influences. Buddy System, Future Goals, Support Systems, Evaluation Celebration and Poroporoake (Farewell).

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