

Anger Management Treatment Plan Template

Patient Information

Thomas
First Name

Shellston
Last Name

03/04/2008
Date of Birth

28/11/2022
Date

Triggers

- When others tell Thomas what to do
- Inconsiderate people
- Having to share

Short Term Goals

- Learn to be okay with sharing with others
- Learn to acknowledge differences between peers and authority, whilst maintaining respect

Long Term Goals

- Stay calm in all social situations
- Cope with anger effectively, and without conscious effort

Plan

Thomas has been provided with breathing techniques to help him going forward, as well as a journal to encourage a track record to use for CBT.

I will meet with Thomas in 2 weeks on 12/12/2022 to continue with his therapy. This will include working on CBT in greater detail, using insights from his journal that he is willing to share. Reassessment of future interventions will also be conducted if no improvements are made.

Intervention

To aid in successfully managing Thomas' anger, it is advised he considers breathing techniques for emotional regulation, as well as cognitive behavioral therapy.

This can work towards regulating his emotions, and changing his negative pattern of thinking that induces rage. Working towards a more positive mindset, and a ruminative one that prompts thinking before acting or speaking.

Response

Thomas responded well to breathing techniques, and managed to maintain steady rhythms and increased concentration.

I have also introduced some CBT when it comes to how he approaches situations. We practiced with what-if scenarios, in which he struggled at first, but produced some promising results.

Dr Lucy Smith

Clinician Name (Printed)



Clinician Signature

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Sample Anger Management Progress Note

CL Gary



Sample Anger Management Progress Note:

The book delves into Sample Anger Management Progress Note. Sample Anger Management Progress Note is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Sample Anger Management Progress Note, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Sample Anger Management Progress Note
- Chapter 2: Essential Elements of Sample Anger Management Progress Note
- Chapter 3: Sample Anger Management Progress Note in Everyday Life
- Chapter 4: Sample Anger Management Progress Note in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Sample Anger Management Progress Note. The first chapter will explore what Sample Anger Management Progress Note is, why Sample Anger Management Progress Note is vital, and how to effectively learn about Sample Anger Management Progress Note.

3. In chapter 2, the author will delve into the foundational concepts of Sample Anger Management Progress Note. This chapter will elucidate the essential principles that need to be understood to grasp Sample Anger Management Progress Note in its entirety.

4. In chapter 3, the author will examine the practical applications of Sample Anger Management Progress Note in daily life. The third chapter will showcase real-world examples of how Sample Anger Management Progress Note can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Sample Anger Management Progress Note in specific contexts. This chapter will explore how Sample Anger Management Progress Note is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Sample Anger Management Progress Note. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Sample Anger Management Progress Note.

<https://crm.avenza.com/files/book-search/Documents/Occilltion%20Topic%2012th%20Maharashtra.pdf>

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