Anger Management Treatment Plan Template

Patient Information

Thomas	Shellston	03/04/2008	28/11/2022
First Name	Last Name	Date of Birth	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 efffectively, and without conscious effort

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.

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.

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

Shelley Cobbett

Sample Anger Management Progress Note:

Sample Anger Management Progress Note Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Sample Anger Management Progress Note**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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