

# 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

**Arturo Cuomo**



**Sample Anger Management Progress Note:**

## **Sample Anger Management Progress Note** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Sample Anger Management Progress Note**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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