

# 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

**Norman L. Keltner**



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## **Table of Contents Sample Anger Management Progress Note**

1. Understanding the eBook Sample Anger Management Progress Note
  - The Rise of Digital Reading Sample Anger Management Progress Note
  - Advantages of eBooks Over Traditional Books
2. Identifying Sample Anger Management Progress Note
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sample Anger Management Progress Note
  - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Anger Management Progress Note
  - Personalized Recommendations
  - Sample Anger Management Progress Note User Reviews and Ratings
  - Sample Anger Management Progress Note and Bestseller Lists
5. Accessing Sample Anger Management Progress Note Free and Paid eBooks
  - Sample Anger Management Progress Note Public Domain eBooks
  - Sample Anger Management Progress Note eBook Subscription Services
  - Sample Anger Management Progress Note Budget-Friendly Options

6. Navigating Sample Anger Management Progress Note eBook Formats
  - ePub, PDF, MOBI, and More
  - Sample Anger Management Progress Note Compatibility with Devices
  - Sample Anger Management Progress Note Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sample Anger Management Progress Note
  - Highlighting and Note-Taking Sample Anger Management Progress Note
  - Interactive Elements Sample Anger Management Progress Note
8. Staying Engaged with Sample Anger Management Progress Note
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sample Anger Management Progress Note
9. Balancing eBooks and Physical Books Sample Anger Management Progress Note
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sample Anger Management Progress Note
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Sample Anger Management Progress Note
  - Setting Reading Goals Sample Anger Management Progress Note
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Anger Management Progress Note
  - Fact-Checking eBook Content of Sample Anger Management Progress Note
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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