

# 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

**G Psacharopoulos**



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