

Beyond Anger and Violence:

A Program for Women

Overview

We live in a world where anger and violence are all around us. They are in the news, in our television shows and motion pictures, and often in our families and relationships. Anger often is connected to violence and, in some cases, leads to violence. Even though anger is the most common emotion, many people find it difficult to understand and regulate their anger. *Beyond Anger and Violence* (BAV) is a program for women who struggle with issues related to anger.

Anger itself is not a problem; how it is manifested or expressed often creates a problem. A core piece of the work in *Beyond Anger and Violence* is to help a woman identify her anger, how she deals with it, and its effects in her life. The participants learn to develop ways of managing their anger in ways that do not cause them problems. The program is structured to work on two levels: one is the anger that the women experience in whatever forms; the other is the anger and violence they have experienced from others.

The training is designed to explain and explore the topics of anger on multiple levels: the personal level (the anger women feel); the relationship level, including anger directed toward them; and the effects of anger and violence in our communities and society at large. This is an interactive training that integrates the evidence-based practices of cognitive-behavioral, relational, mindful, and expressive-arts therapeutic techniques into a holistic approach to anger.

Topics

- Women and anger
- Gender differences
- Multiple levels of violence
- ACE study
- Anger, family-of-origin, and community
- Trauma and anger
- Skills for regulating anger

Objectives

- Define gender-responsive and trauma-informed services
- Describe the Social-Ecological model of violence
- Discuss differences between women and men and anger
- Demonstrate various therapeutic techniques
- Implement the *Beyond Anger and Violence* curricula

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