

Court Ordered Programs Inc.

Court Ordered Classes



A Probation Department Approved Program Provider

Anger Management Program Course Curriculum

Policy

To establish the goals and objectives by which the Court Ordered Programs pursues its day to day operation. Court Ordered Programs implements the following policy of goals and objectives:

To provide a safe, confidential, therapeutic and professional environment where clients can receive services which meets their needs. To consistently implement all appropriate Federal and State standards that apply. To provide group from appropriately licensed/certified staff. To utilize a clinical team of State licensed, certified professionals to evaluate and establish an individualized treatment plan for each client. To provide the highest quality treatment possible. To consistently apply performance improvement and outcome measures to ensure quality treatment is monitored and maintained. To assist clients in attaining healthy and productive lives free of the negative influences and consequences. To have clients improve their functioning level in their communities and with their families, and, to have clients will develop appropriate tools, support systems and continue interaction with these systems post discharge. It is hoped that the skills learned during this program will last a lifetime.

Anger Management Program Outline

INTAKE will be completed upon Program enrollment. Groups are available daily.

1. Anger Survey
2. Anger's Many Faces
3. The Power of Anger
4. When Anger is Good
5. Defusing Anger by Managing Stress
6. Stress Buster Project
7. Handling Anger Effectively
8. Anger and Assertiveness
9. Managing Conflict
10. Turn Your Anger Into Forgiveness
11. When to Take a Time-Out
12. Cognitive Distortions
13. Log Your Thinking
14. Change Your Life by Changing Your Thinking
15. A Summary of What You've Learned
16. Self-Talk and Personal Stories
17. Dynamics of Domestic Criminality
18. Magnitude of Domestic Crimes
19. Demographic Features of Family Violence
20. Questionnaire for Classes 17, 18 and 19
21. The Broken Mirror
22. Sexual Factors in Anger Management
23. Anger Caused Domestic Fatalities
24. Questionnaire for Classes 22 and 23
25. Frequently Asked Questions / Answers of Anger
26. End/Mid Course Survey

Arsen Samvelian
Commissioner
O. Nardos
Program Director

Adheres to the standards of State Penal Code Sections under the components of the Domestic Violence/Batterers Program.

All State Acceptances and Certificates can be found on our Corporate Website - www.cop-i.com

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