Treatment Of Individuals With Anger - Control Problems And Aggressive Behaviors: A Clinical Handbook

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Verbal and physical aggression are risk factors for community placement of individuals with serious and persistent mental illness. Depending on the motivations involved, treatment typically consists of psychotropic medications and psychosocial interventions, including contingency management procedures and anger management training. Effects of a mindfulness procedure, Meditation on the Soles of the Feet, were tested as a cognitive behavioral intervention for verbal and physical aggression in 3 individuals who had frequently been readmitted to an inpatient psychiatric hospital owing to their an... Anger-expert psychologist Howard Kassinove, PhD, answers the following questions about anger: What is anger and how does it differ from aggression? Anger is a negative feeling state that is typically associated with hostile thoughts, physiological arousal and maladaptive behaviors. It usually develops in response to the unwanted actions of another person who is perceived to be disrespectful, demeaning, threatening or neglectful. Anger involves certain styles of thinking such as, “My boss criticized me in front of my colleagues.” Aggression, in contrast, refers to intentional behavior that aims to harm another person. Often, it reflects a desire for dominance and control. In the cases I see in my clinical and research work, weapons are often involved.