

7 REASONS WHY YOUR ANGER MANAGEMENT  
PROGRAM IS OBSOLETE

# ANGER SOLUTIONS V. ANGER MANAGEMENT



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### **About the Anger Solutions™ Program:**

The Anger Solutions™ Program was developed by Julie Christiansen, M.A., R.P., over several years of study and practical use. It has been delivered to over 150 agencies for over 20 years and is currently in use by various corrections-based, addictions and recovery, and social service agencies across Canada, the US and in the Caribbean. The program has is designed to run as a 10 or 12-week program for groups, and 15 weeks for individuals. The success rate of this program is exceptional (over 80%), and for all committed participants who complete and follow through on the processes, there is a marked increase in quality of life and higher self-esteem because of fewer occurrences of undesired “angry” target behaviours, incorporation of more appropriate methods for expressing anger, improved communication skills, increased employability, and higher assertiveness levels.



I am often approached with a valid question – one that I have fielded many times over the past several years. What is the difference between Anger Solutions™ and traditional Anger Management Programs? How do we know it works? Why would I devote my time, money, and resources to learning the Anger Solutions™ system when I am already running Anger Management programs in my agency or practice? This special report will answer all of these questions and will give you a greater understanding of what makes Anger Solutions™ so successful.





## **QUESTION:**

“Exactly what the difference is between the Anger Solutions™ program and the traditional Anger Management programs? Anger Management has been the standard for a long time, and most people are not sure what the distinction between the two approaches might be. Can you explain?”

There are several ways in which Anger Solutions™ is different from traditional Anger Management programs. In this E-Book, I will cite 7 in particular that I believe are the key contributors to the program's uniqueness, as well as its amazing success rate.





1. The first and most important distinction is the **TERMINOLOGY** - as it reflects the underlying philosophy of the program. Anger Management implies that we are teaching people how to **CONTROL** something - and when you break that down, Anger Management programs are teaching them to control behaviour... In my mind, the inherent problem with this philosophy is that Anger Management does not go to the source or the root of those behaviours (that is, beliefs).

Anger Solutions is about **RESOLVING** the emotion of anger, and the issues that bring it up.

Because we confront the underlying beliefs that dictate people's behaviours, we actually give them the tools they need to **CHANGE** their old responses to new ones that are more effective.

In effect, we do not need to teach them how to control their behaviour because we have taught them something much more valuable, and that is how to respond to their emotions safely and appropriately. The behavioural change comes as a result of that (of course, with some coaching from facilitators).



2. The second distinction between the Anger Solutions program and traditional AM programs is its **APPROACH**. Rather than sticking to one model (usually cognitive behavioural), our program takes the best of several therapeutic models and combines/tailors them into a suit that is the best fit for our clients. We incorporate the CB approach along with Reality Therapy, Solution Focused Therapy, traditional behavioural therapy when it fits, art and music therapy tools, and the psychosocial rehabilitation model for lifeskills training. Together they create something that is more powerful than using only one of these tools. You know the old saying, "if the only tool you have in your toolbox is a hammer, you tend to treat everything like a nail." So, Anger Solutions represents a complete toolkit, rather than just a hammer.



**3. DEFINITION:** Something else that I think is important to note, and it doesn't get touched on so much in the program, but more in the book - is that anger is often a good thing. It is an emotion that lets us know that something is not right in our lives, and it provokes us to make a change. The problem is that we have never been taught how to deal with this emotion, so we try different responses until we find one that takes us into a more pleasurable state than the one we were in before.



**"If the only tool you have in your toolbox is a hammer, you tend to treat everything like a nail."**





4. The fourth distinction between traditional Anger Management and Anger Solutions™ is our **SUCCESS RATE**. I can cite follow ups with clients whose kids were infants when they first took the program, and are still doing well and their kids are teenagers. Of course, I have my long-term follow up with my client who had a brain injury, as well as my now 14 year follow up with my coaching client (corrections) - all of which are available to our certified facilitators through our cloud file. Just ask your probation and parole people in particular, "How many of your repeat offender clients took anger management while they were incarcerated?" - then ask them "how long after being released from jail did it take for them to re-offend?"



Chances are, several of the P&P clients have taken traditional anger management programs at least twice. If it works so well, then why are they re-offending - and with similar types of offences?

Conversely, ask some of our agencies who have been using Anger Solutions™ as part of their core programming for more than 10 years, and they will tell you that they keep using it because it **WORKS!**



5. Another of the keys to making this program work is the **LEVERAGE** we apply in each session to ensure that clients are internally motivated to change their responses to anger. This helps with the attrition rate (drop outs as the program progresses), and again creates a stronger sense of buy-in, which in turn results in greater success.



**Where  
FOCUS  
goes,  
ENERGY  
flows.**



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6. Another key difference between Anger Solutions and traditional Anger Management is **FOCUS**. In the Anger Solutions™ groups, there is no time built in for people to talk about "the things that MAKE them angry" - because in the end, it really doesn't matter. Indeed, one of the first things we teach them is that people and things don't MAKE us angry. (If that's the case, then we are puppets, completely at the mercy of external stimuli). Rather, we have anger inside us, and certain things evoke that response. It is a different way of thinking about anger.



7. Lastly, the **FORGIVENESS** component as many of our Certified Counsellors and Trainers can testify to, is a powerful piece that helps people to let go of whatever hurts they brought with them to the group, and they can move on from there. Once people learn to truly forgive, then the anger of past hurts dissipates and no longer comes back to affect today's choices.

This one component alone has a major contributing factor to the overall long-term success of our Anger Solutions™ participants.





There you have it! 7 distinctions between traditional Anger Management programs and the Anger Solutions™ model.

For more information about Anger Solutions™, please visit our website, [www.angersolution.com](http://www.angersolution.com) or contact Julie Christiansen at [info@angersolution.com](mailto:info@angersolution.com) or 905-329-6169.







Julie Christiansen, M.A., R.P. is an Anger Resolution Specialist, and the author of *Anger Solutions! Proven Strategies for Effectively Resolving Anger*, and several other books. Her background in social services (over 25 years' experience) working with people with mental illness, addictions, brain injury, forensic psychology, cross-disabilities and mainstream clients gives her a unique perspective on the multiple applications of this program for various consumer populations. Julie obtained her undergraduate degree in Psychology from University of Ottawa, and her M.A. in Counselling Psychology, and is certified in Psychosocial Rehabilitation, Principles of Neurobehavioural Psychology, Bereavement and Sexual Addiction. She is a Certified Seminar Leader, and an internationally known speaker who is frequently called on to share her expertise with TV and radio audiences.



# Become a Certified Anger Solutions Facilitator

**Anger Solutions is a simple-to-use, effective Anger Resolution program that can be tailored for:**

- People struggling with addictions
- Supported housing situations where in-house group activity is required or optional
- People with mental health difficulties
- Individuals with concurrent diagnoses (e.g. addictions/mental health or addictions/brain injury) or who have anger as a pre-employment issue
- Individuals involved with the correctional system (CSO, bail, probation/parole, alternative sentencing).





**Anger Solutions** is ideal for counselors who:

- Are frustrated with the time and effort required to research and develop effective anger tools
- Need a solid base of tools and resources (a toolkit)
- Want to hone their group facilitation skills
- Want an Anger Resolution model that works – regardless of their client group
- Want to be able to transfer their skills in anger resolution counseling to different client/consumer groups (tailoring the program)



At the completion of **Anger Solutions** training, counselors will:

- Learn the program philosophy and practice facilitating the program for groups and individuals
- Discover methods to ensure positive results
- Through case studies, interactive and hands-on exercises, hone skills as a facilitator
- Receive valuable tools with which to measure outcomes.



# CONTACT US!

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