

# Anger Management Video Program: An Instructional Guide for Practitioners (Practical Therapist)

Howard Kassinove PhD ABPP, Raymond Chip Tafrate Ph.D

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Now—a video to accompany the authors' best-selling therapist manual, Anger Management: The Complete Guidebook for Practitioners. Here's a comprehensive presentation of procedures for effective work with patients with anger issues. Ten video segments feature live vignettes illustrating how to carry out key anger management techniques. Included are such important cognitive behavioral interventions as progressive muscle relaxation, increasing motivation to change, desensitization via the "barb" technique, social problem solving, and forgiveness. The video presentations include thorough discussion by the authors of each vignette and the associated therapeutic principles. On-screen explanations outline each procedure, and refer viewers to detailed explanations in the Anger Management ext. This user-friendly tool is a vital resource for every practicing psychotherapy clinician, clinician in training, mental health clinic and training program, in a critically important dimension of therapy.



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