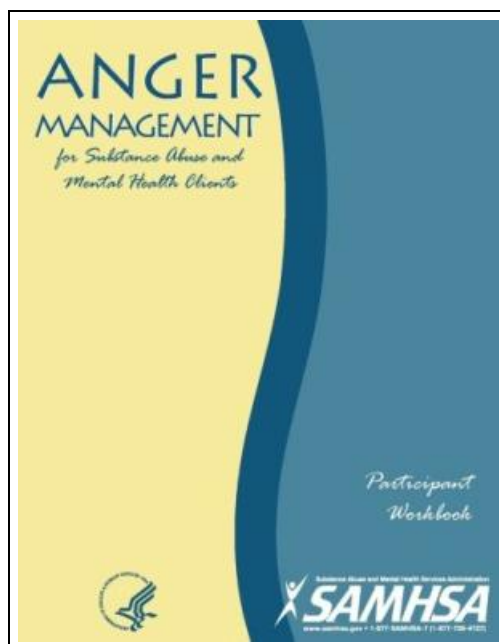


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Reviews

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(Nels Runte IV)

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Lulu.com, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This workbook was developed for use in conjunction with Anger Management for Substance Abuse and Mental Health Clients: A Cognitive Behavioral Therapy Manual. This workbook is designed to be used by participants in an anger management group treatment curriculum for substance abuse and mental health clients. It provides individuals participating in the 12-week anger management group treatment with a summary of core concepts, worksheets to complete homework assignments, and space to take notes for each of the sessions. The concepts and skills presented in the anger management treatment are best learned by practice and review and by completing the homework assignments given in this workbook. Using this workbook as an adjunct to your participation in the 12-week anger management group treatment will help you develop the skills that are necessary to successfully manage anger.



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