

FIGHTING AND VIOLENCE PROGRAMMING

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| <p>Conflict Reduction: Fighting/Violence #1</p> | <p>Goals: (1) Reduction in assault and acting out behaviors. (2) Success in handling feelings from specific problem situations, including aggravation and disrespect. (3) Demonstrated understanding of key issues and concepts (CBT). (4) Movement to Contemplation stage of change. Includes practice in key emotion regulation/self-management skills. <i>(CRBj)</i></p> |
| <p>Conflict Reduction: Fighting/Violence #2</p> | <p>Goals: (1) Reduction in assault and acting out behaviors. (2) Success in handling feelings from specific problem situations. (3) Movement to Contemplation stage of change. (4) Increased confidence in anticipation of specific high risk or problem situations. Includes practice in key emotion regulation/self-management skills. <i>(128-Unit F)</i></p> |
| <p>Conflict Reduction: Handling people problems here successfully #2</p> | <p>Goals: (1) Success in handling people problems; success in handling specific problem situations. (2) Demonstrated understanding of common issues and concepts (CBT). (3) Movement to Contemplation stage of change, and possibly some to Preparation/Determination stage. Includes practice in key emotion regulation/self-management skills. <i>(CR-H, 128-Unit D)</i></p> |
| <p>Managing your anger Aggression and violence (skills version)</p> | <p>Increased self-awareness and improved interpersonal and self-management skills. Reduction in violence through effective anger management skills.</p> <p>Session elements include worksheets which identify specific anger issues, symptoms, triggers, and risk factors, and MI elements assessing the current state of the importance, confidence, and readiness for making changes in how they handle their anger. Each lesson includes a skills development lesson element (MAV) with complete lesson plans, participant practice activities and additional problem solving scenarios. <i>(CR-G)</i></p> |