

# ANGER MANAGEMENT

ONLINE EDUCATION PROGRAM SPECIFICALLY DESIGNED TO TREAT AGGRESSION BASED BEHAVIOR

## COURSE OVERVIEW

The Advent eLearning Anger Management course is an online education program designed around evidence-based cognitive behavioral therapy (CBT) treatment models. This self-guided curriculum teaches participants to understand their unhealthy approach to anger, the causes and impacts of anger, and behavioral techniques to manage the emotion.

Participant responses are recorded for case worker review, and participants can repeat any sections to review materials, if needed. A final review and test over the coursework is included, and participants must achieve a minimum score of 60% or above to pass. This course will take approximately four hours to complete and is written at an 8th-grade reading level.

## APPROPRIATE OFFENSES

Misdemeanor assault and abuse; menacing and harassment; endangerment; stalking and protective order violations; resisting arrest; contempt of court.

Translates to Spanish, French, Arabic and any other browser supported languages.

## ABOUT THE PLATFORM

Advent eLearning offers over 30 online education courses available through the program management platform—each designed by subject matter experts to address specific criminal behaviors. Courses can be assigned to participants by your organization, or directed to apply to your program online.

The platform includes a full suite of communication tools—mail, email, SMS text messaging—so that you can keep participants on track. You have full auditing capabilities, allowing you to monitor participant progress as well as any action taken by participants or fellow administrative users. The platform's robust suite of reporting tools give you the ability to track the success of your program at all levels. And with the platform's notification center you'll be notified the moment a participant passes or fails an assigned course, and you have immediate access to completion certificates for your records and court files.

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## COURSE MODULES

- I. What is Anger?
- II. Where Does Anger Come From?
- III. Myths About Anger
- IV. The Consequences of Anger
- V. Do I Have an Anger Problem?
- VI. Dealing with Anger and Changing Your Behavior
- VII. Final Review

## ABOUT THE AUTHOR

Dr. Amy Smith is a professor at San Francisco State University Psychology Department. She holds a J.D. from the University of Michigan Law School and a Ph.D. in Social Psychology from the University of California at Santa Cruz. Her research explores issues relating to capital punishment, the impacts of incarceration, legal decision-making, and the intersections of psychology and law generally.

In addition to teaching, her experience includes work with the San Francisco Juvenile Court, Office of the State Public Defender in California, along with private practices in CA, GA and MI. Dr. Smith served on the boards of numerous criminal reentry programs including Alliance for CHANGE and Project Rebound.

