

Sample Session Plan for Addressing Anger and Aggression

Sample Plan #1

Because dealing with anger and aggression can be particularly difficult, strive for an informal and relaxed setting when conducting the session.

Warmup

- As per other sample plans.

Content & Skill Presentation

- As effective approaches to anger and aggression often involve dealing with a root cause, consider bringing a wide range of resources and information to the session than you think that you might use.
- Problem-solving skills are quite useful in addressing anger. Consider including a component on these skills in your session.
- Address means of diffusing aggression before it escalates.
- This session can benefit from a case study approach—where participants bring situations and questions for discussion. If you use this approach, ask participants to bring responses to questions like the following:
 - How is the client displaying anger?
 - What seems to trigger the behaviour?
 - Does it occur at a particular time of day?
 - In a particular location?
 - Are there other factors the participants can identify as possibly significant?
 - What most concerns the participant about the behaviour?
- Review Section 9 of the *Tips and Tools* manual, using the information as appropriate. Also, pages 5-7 in *Let's Talk About Stroke* and the brochure *How Stroke Affects Behaviour* can also be useful.
- Stress the behaviours useful to all approaches: gentleness, kindness, empathy for the frustration the survivor is experiencing.
- Make use of the group's experience and skills to help problem-solve the situations.
- Supporting a person who is angry or aggressive can be emotionally draining for the caregiver. Let participants know where they can go for support.
- Consider arranging a follow-up session. In this session, address any difficulties the participants encountered when using techniques, additional issues that arose, etc.

Practice & Evaluation

- If possible, create role play situations from the case studies participants have

raised. Ask the participant identifying the situation to assume the role of the survivor. Have another participant take the caregiver role and attempt to avert/de-escalate/resolve the situation. Encourage participants to share the feelings each experienced as they worked through the situation.