

COURSE OUTLINE

**Parent Education 103
Anger Management And Discipline**

I. **Catalog Statement**

Parent Education 103 is designed for parents who seek assistance in managing their expressions of anger in order to parent more effectively and use appropriate discipline strategies.

Units – 0.0

Lecture- 16.0

Prerequisites: None

Note: This class is for adults only. No children may attend this class.

II. **Course Entry Expectations**

Skills Level Ranges: Reading: 4, Writing: 4, Listening/Speaking: 5, Math: 1

III. **Course Exit Standards**

Upon successful completion of the required coursework the student will be able to:

1. identify situations which provoke personal anger;
2. distinguish between appropriate and inappropriate expressions of anger;
3. distinguish between “punishment” and “discipline”;
4. identify appropriate responses to expressions of anger in children;
5. identify techniques for guiding appropriate expressions of anger in children;
6. practice techniques and guidelines for personal anger management;
7. practice techniques and guidelines for stress management;
8. examine cultural influences on expression of anger;
9. examine cultural influences on discipline practices;
10. develop a parent support network.

IV. **Course Content**

- A. Introduction to Anger Management: 1 hour
1. Establishment of classroom trust and respect agreement
 2. Definition of anger
 3. Function of anger
 4. Definition of management

5. Safety issues
6. Discussion of goals and concerns
- B. Parental Anger Inventory 1 hour
 1. Identification of situations likely to provoke anger
 2. Identification of frequency of anger felt
 3. Identification of signs of rising anger levels
 4. Parental concerns
- C. Expressions of Anger 1 hour
 1. Identification of how children show anger
 2. Identification of how parents show anger
 3. Differentiation between appropriate and inappropriate expressions of anger
 4. Role play modeling of alternative and appropriate expressions of anger
- D. Introduction to Tracking Anger Management 1 hour
 1. Using an Anger Management Journal
 2. Distinguishing between anger felt and anger expressed
 3. Recording parental actions
 4. Recording outcomes resulting from parental actions
- E. Anger Intensifiers 1 hour
 1. Definition of “trigger thoughts” (intrusive anger intensifying thoughts)
 2. Categories of anger “trigger thoughts”
 - a) Magnification
 - b) Assumed Intent
 - c) Labeling
 3. Identify personal “trigger thoughts”
 4. Negating “trigger thoughts”
 5. Identify situations that intensify anger levels
- F. Coping Strategies 1 hour
 1. Definition of “coping thoughts”
 2. Identification of personal “coping thoughts”
 3. Exploration of effects of coping thoughts on anger levels
 4. Tracking effects of coping thoughts on angry behavior
- G. Alternative Explanations for Anger Provoking Behavior 1 hour
 1. Exploration of how alternative explanations for anger provoking situations can lower anger levels
 2. Identification of alternative explanations for anger provoking behavior
 - a) for children
 - b) for adults
- H. Stress Management 2 hours
 1. Identification of effects of stress on parent and family
 - a) physical

- b) emotional
- c) social
- d) intellectual
- e) financial

2. Identification of personal stressors
3. Exploration of stress management techniques
 - a) breathing techniques
 - b) visualization
 - c) meditation
 - d) exercise
 - e) using a journal
 - f) Taking time to cool down
- I. Communication Techniques 1 hour
 1. Active listening
 2. “I-statements”
 3. Acknowledgment of feelings
- J. Introduction to Discipline 1 hour
 1. Definition of Discipline versus Punishment
 2. Discussion of legal definitions of child abuse
 3. Discussion of age appropriate expectations
 4. Discussion of age appropriate discipline
- K. Discipline Techniques 4 hours
 1. Corporal punishment
 - a) pitfalls
 - b) alternatives
 2. STEP (Systematic Training for Effective Parenting) techniques
 - a) definition
 - b) identification of situation specific techniques
 3. Logical consequences
 - a) definition, and differentiation among logical, natural, and illogical consequences
 - b) practice designing logical consequences for specific discipline situations
 4. Time out
 - a) definition of time out
 - b) time out as a consequence (isolation for misbehavior)
 - c) time out as a coping mechanism (time to calm down)
- L. Identification of Community Resources 1 hour
 1. Developing a network of support
 2. Mental health professionals

V. **Methods of Presentation**

The following instructional methodologies may be used in this course:

1. lecture;
2. role-play;
3. group discussion;

4. guest speakers;
5. audiovisual instruction;
6. independent study using worksheets.

VI. **Assignments and Methods of Evaluation**

1. Recorded worksheets (Anger Management Journal)
2. Participation in group discussion.
3. Participation in role play.
4. Reading of course materials provided by instructor.

VII. **Textbook(s)**

Handouts.

VIII. **Students Learning Outcomes**

- A student will be able to compare and contrast the issues that led women to challenge the status quo in three different eras in the twentieth century.
- Student will demonstrate the ability to independently create, save, modify and print a document using a word processing program and appropriate assistive technology.