AHA! Syndrome

- **Anger**: a negative, phenomenological feeling state associated with specific cognitive & perceptual distortions & deficiencies, subjective labeling, physiological changes, & action tendencies to engage in socially constructed & reinforced organized behavioral scripts.
- **Hostility**: an attitude involving disliking another & evaluating him/her negatively.
- **Aggression**: a response that delivers noxious stimuli to another organism.

Anger and Culture

- Anger is a social emotion.
- Sources of anger vary across cultures.
- Recognition of anger cues varies across cultures.
- Consequences of anger vary across cultures.

Anger and Language

- Adaptive, Non-disturbed Anger (Annoyance).
- Dysfunctional (Clinical) Anger.

Assessment of Anger: Self-Report Inventories

- **Novaco Provocation Inventory (NPI)**:
  - 80 items; 5-step Likert scale.
  - Reliability (Alpha) = .90 - .93.
- **State-Trait Anger Scale (STAS)**:
  - 30 items; 4-step scale.
  - Reliability (Alpha):
    - Trait = .81 - .91
    - State = .88 - .95.

Assessment of Anger: Behavioral Interviews

- Environmental Antecedents.
- Cognitive and Emotional States.
- Types of Violence.
- Consequences of Violence.
Behavioral Interview: Environmental Stimulus Conditions

- Settings which incite aggression.
- Types of people who incite aggression.
- Forms of provocation which elicit aggression.
- The degree to which alcohol and other drug consumption is related to aggression.

Behavioral Interview: Cognitive and Emotional States

- Analysis of feelings, perceptions, expectations, and self-statements which lead to anger and aggression.
- Note self-provoking statements, unrealistic expectations of others/self, and other irrational cognitions.
- Evaluate feelings before, during, and after.

Behavioral Interview: Violent Behaviors

- Detailed descriptions of aggressive responses to a variety of stimulus conditions.
- Previous use of lethal instruments.
- Is client immediately dangerous to others?
- Evaluate strengths.

Behavioral Interview: Consequences

- Determine positive and negative responses associated with aggressive behavior.
- Determine contingencies maintaining aggressive behavior.

Assessment of Anger: Other

- Self-Monitoring
- Direct Observation
- Physiological Measures

Attitudes that are Barriers to a Helping Relationship

- Strong Anger Is Justified and Appropriate
- Emotional Responsibility and Blaming Others
- Condemning Others
- Self-Righteousness
- The Catharsis Myth
- Short-Term Reinforcement
- Reactance and Perceived Lack of Empathy by Others
Building a Therapeutic Relationship

- Acknowledge that the Client Was Wronged
- Assess Client Goals

Acknowledge Transgression

- Attempts to Reduce Anger May Be Seen as Lack of Acknowledgement of Client’s Grievance
- Acknowledge and Validate
  - Frustration
  - Disappointment

Assess Client Goals

- Agree upon a Goal to Explore
- Explore the Consequences of Anger
  - Emotional Responsibility
  - Is It Healthy to Express Anger?
  - Is Anger an Effective Way to Control Others?
- Explore Alternatives