



## LINN COUNTY JUVENILE DEPARTMENT

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### *ANGER REDUCTION GROUP (ARG)*

Anger Reduction Group, known as (ARG), is an eight-week course designed to help medium and high-risk offenders understand that how they respond to their anger is a choice. Two Probation Officers facilitate and model appropriate approaches to dealing with anger in a group setting. Groups meet for 90-minute sessions, once a week, over an eight-week period. Active participation of group members is required to successfully complete the course. Learning objectives include:

- 1) Identify the difference between anger and aggression;
- 2) Identify the three ways people deal with their anger;
- 3) Identify personal triggers that cause anger;
- 4) Identify the STARR principle (Stop-Think-Ask-Reduce-Reward);
- 5) Identify three styles of communication;
- 6) Understand and correctly use I-Statements;
- 7) Correctly role-play assertive communication; and
- 8) Create a personal plan for handling anger.

The program teaches and coaches youth, giving them new tools to deal with anger in pro-social ways.

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