



## Working with Anger: A Constructivist Approach

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Client anger is a perennial problem for a range of professionals working in clinical settings.

Working with Anger presents an alternative strategy to the most common approach, cognitive behavioural therapy (CBT), exploring instead how anger can be tackled from a personal constructivist perspective. It provides a conceptual framework and practical advice on the clinical issues of working with anger, including case study examples, service user perspective, a philosophical and developmental underpinning, and suggested ways of preventing anger development. Ways of working with anger are illustrated, including:

- \* Group-based treatments
- \* Individual treatment
- \* Working with adults
- \* Working with children and adolescents
- \* Working with families
- \* Gender and anger
- \* Methods of evaluating anger programmes

This practical volume will enable clinicians to set up, run and evaluate their own anger programmes using the constructivist approach. It will therefore be a valuable resource for professionals such as clinical and forensic psychologists, psychiatrists, psychotherapists, nurses and social workers.

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