



Contextual Anger Regulation Therapy for the Treatment of Clinical Anger: A Mindfulness and Acceptance-Based Behavioral Approach (Practical Clinical Guidebooks)

Frank L. Gardner, Zella E. Moore

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Intended to fill a gap in the existing counseling literature, this text describes the integrative and innovative approach developed by the authors for use in the treatment of clinical anger, Anger Regulation Therapy (ART). This model consists of nine modules that guide the therapist through the treatment of a client dealing with anger and related issues. It is also setup so that clinicians can pull relevant components for ART in order to build a unique treatment plan to fit the needs of an individual client. The authors begin with a description of clinical anger, including how it has been viewed and treated historically, as well as its relationship to violence and other psychological and emotional disorders. They then describe the Anger Avoidance Model, which they also developed and is the basis for ART. Each module of ART is then described in detail, and case examples are provided to illustrate the concepts presented. Given the lack of available research on this topic, as well as the significant impacts that anger, aggression, and violence can have on the health and well-being of an individual, this text will be an invaluable resource for mental health practitioners in need of treatments for clinical anger.

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