

How the MCNAMA standards coordinate with the Anger Management Institute (AMI) Program and the What's Good About Anger? (WGAA) Expanded Book/workbook:

First session - AMI already does and uses the NOVACO. Can also include full *Anger Survey* found in the book/workbook.

Education sessions: Chapters are from the WGAA workbook

- 1) Information – chapters 1,2,3
- 2) Triggers and cues – Chapters 2 and 5
- 3) Strategies for management of episodes of anger chapters 6,7,8,9,14
- 4) Stress management – Chapter 4
- 5) EI and CBT – chapters 10, 11 13
- 6) Maintenance and growth chapters 12, 15, 16

AMI already does a wrap up session with post-test

The order of classes 1-6 do not have to be in any special order as long as all the information is conveyed over the course of the education sessions. But a minimum of 6 education sessions (totaling 8-12 hours) should be provided. Different programs can change the structure as long as the minimum information requirements are met along with the pre and post sessions with some type of testing to prove evidence based programming.

AMI provides evidence-based curriculum. See: www.goodanger.com and www.copingwithanger.com for all resources and Evidence-based statement.

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