

**PROPOSED MINIMUM STANDARDS FOR ANGER
MANAGEMENT PROGRAMS
By Midwest Chapter of National Anger Management Association
2-20-17**

One session assessment including: a biopsychosocial history and some form of pretest to get more objective data and to use in research on the program to ensure that the program is evidenced based.

6 sessions of education on anger management with homework*

1. Information on anger: Demographics and what anger is psychologically, socially and neurologically
2. Triggers and Cues
- 3) Strategies for management of episodes of anger
- 4) Stress management and Relaxation
- 5) Emotional Intelligence and Cognitive/Behavioral Tools
- 6) Maintenance and growth

Wrap up session with post testing as part of ensuring a progress of the client and as part of evidenced based research on the program. This session would also include an anonymous evaluation of the program.

*The 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. A minimum of 6 education sessions (totaling 8-12 hours) should be provided along with the two individual sessions at the start and end of the sessions. 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. Some clients/students may be evaluated for up to 52 hours of anger management counseling/education if they have committed acts of violence or assault.

NOTE: Providers must be credentialed by National Anger Management Association (NAMA) as: Certified Anger Management Specialist-I or II (CAMS-I or CAMS-II). Providers must be credentialed as CAMS-II to provide assessments and psycho-social services.

**Glen Cannon, LCPC, CAMS-IV, MCNAMA President
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