

COURSE OUTLINE

Parent Education 103 Anger Management and Discipline

Catalog Statement

PARED 103 is designed for parents who seek assistance in managing their expressions of anger in order to parent more effectively and use appropriate discipline strategies.

Total Lecture Units: 0.0

Total Laboratory Units: 0.0

Total Course Units: 0.0

Total Lecture Hours: 16.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 16.0

Total Student Contact Hours: 16.0

Prerequisite: None

Note: This class is for the parent only. No children may attend.

Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

N/A

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- identify situations which provoke personal anger;
- distinguish between appropriate and inappropriate expressions of anger;
- develop and participate in a parent support network;
- distinguish between “punishment” and “discipline”;
- identify appropriate responses to expressions of anger in children;
- identify techniques for guiding appropriate expressions of anger in children;
- examine cultural influences on discipline practices;
- examine cultural influences on expression of anger.

Course Content

Introduction to Anger Management: **(1 Hour)**

definition of anger

function of anger

safety issues

establishment of classroom trust and respect agreement

Total Faculty Contact Hours = 16.0

- definition of management
- discussion of goals and concerns
- Parental anger inventory (1 Hour)**
 - identification of situations likely to provoke anger
 - identification of frequency of anger felt
 - identification of signs of rising anger levels
 - parental concerns
- Expressions of anger (1 Hour)**
 - identification of how children show anger
 - identification of how parents show anger
 - differentiation between appropriate and inappropriate expressions of anger
 - role-play modeling of alternative and appropriate expressions of anger
- Introduction to tracking anger management (1 Hour)**
 - using an anger management journal
 - distinguishing between anger felt and anger expressed
 - recording parental reaction
 - recording outcomes resulting from parental actions
- Anger intensifiers (1 Hour)**
 - definition of “trigger thoughts” (intrusive anger intensifying thoughts)
 - categories of anger “trigger thoughts”
 - magnification
 - assumed intent
 - labeling
 - identify personal “trigger thoughts”
 - negating “trigger thoughts”
 - identifying situations that intensify anger levels
- Coping strategies (1 Hour)**
 - definition of “coping thoughts”
 - identification of personal “coping thoughts”
 - exploration of effects of coping thoughts on anger levels
 - tracking effects of coping thoughts on angry behavior
- Alternative explanations for anger provoking behavior (1 Hour)**
 - exploration of how alternative explanations for anger provoking situations can lower anger levels
 - identification of alternative explanations for anger provoking behavior
 - for children
 - for adults
- Stress management (2 Hours)**
 - identification of effects of stress on parent and family
 - physical
 - emotional
 - social
 - intellectual
 - financial
 - identification of personal stressors
 - exploration of stress management techniques
 - breathing techniques

- visualization
- meditation
- exercise
- using a journal
- taking time to cool down
- Communication techniques **(1 Hour)**
 - active listening
 - “I-statements”
 - acknowledgement of feelings
- Introduction to discipline **(1 Hour)**
 - definition of discipline versus punishment
 - discussion of legal definition of child abuse
 - discussion of age appropriate discipline
- Discipline techniques **(4 Hours)**
 - corporal punishment
 - pitfalls
 - alternatives
 - STEP (Systemic Training for Effective Parenting) techniques
 - definition
 - identification of situation specific techniques
 - Logical consequences
 - definition and differentiation among logical, natural, and illogical consequences
 - practice designing logical consequences for specific discipline situations
 - Timeout
 - definition
 - use as a coping mechanism (time to calm down)
 - removing from a situation (time to redirect behavior)
 - isolation for misbehavior
- Identification of community resources **(1 Hour)**
 - developing a network of support
 - mental health professionals

Methods of Instruction

The following methods of instruction may be used in this course:

- lecture;
- group discussion;
- guest speakers;
- role play;
- independent study using worksheets;
- educational technologies including audiovisual instruction, internet and other electronic presentations.

Out of Class Assignments

The following out of class assignments may be used in this course:

- recording (e.g. anger management journal);
- readings (e.g. instructor generated handouts).

Methods of Evaluation

The following methods of evaluation may be used in this course:

- group discussions;
- role-play;
- worksheets.

Textbooks

Instructor-generated handouts

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- describe at least three age-appropriate discipline techniques;
- demonstrate and apply techniques for anger management for both parent and child;
- implement activities to manage stress for both parent and child;
- examine cultural influences on expressions of anger and discipline practices;
- develop strategies to respond appropriately to personal anger.