

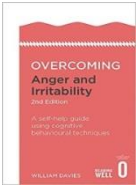
## Library and Knowledge Services

# Anger Management & Behaviour

## A selection of books from the four Trust Libraries

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<http://cwpt.wordpress.ptfs-europe.co.uk/> \*E-Books require an Open Athens account.  
Contact your local library for more information or to request an Athens Account.*

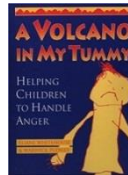
### Overcoming Anger & Irritability



Dr William Davies

Constant irritability or flashes of bad temper can cause difficulties in relationships and leave us feeling unhappy and exhausted. This book is for anyone struggling to control their rage and regretting inappropriate reactions. It explains what provokes anger and what we can do to prevent it.

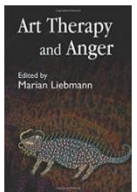
### A Volcano in My Tummy



Eliane Whitehouse

This book presents an effective approach to helping children and adults understand and deal constructively with children's anger, using easy to understand skills for anger management. It offers activities which help to overcome the fear of children's anger which adult care-givers experience. By distinguishing between anger the feeling, and violence the behaviour, this book, primarily created for ages 6 to 13, helps to create an awareness of anger, enabling children to relate harmoniously at critical stages in their development.

### Art Therapy & Anger



Marian Liebmann

This book demonstrates how the non-verbal medium of art therapy provides an outlet for the expression of thoughts and feelings that are too complex and painful to put into words. Clients of all ages benefit from the art-making process, which helps them to slow down and consider their emotions more calmly. The tangible product of their efforts allows clients to assess and react to what they have depicted, providing a lucid and safe framework for understanding the causes and effects of their anger.

### Understanding Anger Disorders



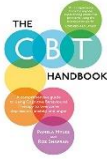
Raymond DiGiuseppe

Using clinical data and a variety of case studies, this book argues for a new diagnostic classification, Anger Regulation and Expression Disorder, that will help bring about clinical improvements and increased scientific understanding of anger. After situating anger in historical and emotional contexts, it reports research that supports the existence of subtypes of the disorder and review treatment outcome studies and new interventions to improve treatment.

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## The CBT Handbook: a comprehensive guide

Pamela Myles



Cognitive Behavioural Therapy or CBT is widely recommended nowadays in the NHS for the treatment of emotional and psychological problems, such as depression, low self-esteem, low mood, chronic anxiety, stress or out-of-control anger.

This thorough yet easy-to-read general selfhelp guide is a must-have for anyone experiencing these common problems. Based on the popular and proven therapy CBT, it is written by two of the UK's leading CBT clinicians and researchers, experts in the field.

## Women's Anger

Deborah Cox



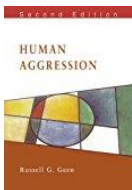
Socialization and culture play key roles in shaping the unhealthy ways in which feminine anger is negotiated.

This text reveals the complex nature of the anger experience for women and girls as both an internal phenomenon and in its interrelationships with interpersonal interactions and the broader social environment. The book brings together theoretical understandings, clinical experiences, empirical research, and the lived experience of anger for women and girls. It offers a combined focus on feminist and developmental perspectives on anger, the psychology of emotion, and applied theory.

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## Human Aggression

Russell Geen

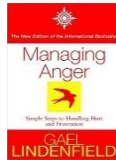


A fully revised and updated edition offering a brief introduction to the psychology of human aggression.

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## Managing Anger: simple steps

Gael Lindenfield



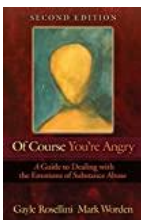
Simple Steps to deal positively with anger and frustration.

In 'Managing Anger', Gael Lindenfield clearly explains the effects of anger on our minds and bodies, and suggests ways of dealing both with our own anger and that of other people.

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## Of Course You're Angry

Gayle Rosellini



In a friendly, non-confrontational manner, "Of course you're angry" guides readers to discover the source of their anger and the forms it takes – violence, depression, resentment and manipulation.

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## Psychiatric & Behavioural Disorders in Intellectual & Developmental Disabilities

Colin Hemming & Nick Bouras



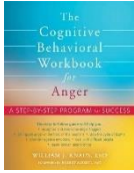
Fully revised, this new edition reviews the most up-to-date and clinically relevant information on the mental health and behavioural problems of people with intellectual, developmental and learning disabilities, also previously known as mental retardation.

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## The Cognitive Behavioral Workbook for Anger

William Knaus



Anger experts William Knaus and Irwin Altrows present The Cognitive Behavioral Workbook for Anger. Drawing on the gold standard treatment for anger—cognitive behavioral therapy (CBT)—and informed by the no-nonsense approach of rational emotive behavior therapy (REBT), this workbook offers readers a radically effective anger management tool deeply rooted in scientific research.

## On Aggression

Konrad Lorenz

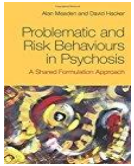


Through an insightful survey of animal behaviour, the Nobel Prize winner tracks the evolution of aggression throughout the animal world.

He also raises some startling questions when he applies his observations of animal psychology to humankind. Whether or not Lorenz actually claimed aggression is *hard-wired* into the human psyche, and that war is an inevitable result, is something readers can decide upon for themselves

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## Problematic & Risk Behaviours in Psychosis



Alan Meaden & David Hacker

This book investigates risk and problem behaviours in psychosis, including staff and service factors that can impede the delivery of effective care.

## Containment in the Community

David Reiss



with individuals displaying antisocial, offending, and challenging behaviours, at times complicated by severe mental disorders.

This book is aimed at all practitioners working in healthcare and criminal justice community settings

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## Challenging Behaviour



Steve Hardy & Theresa Joyce

This user friendly and accessible resource emphasises the importance of respecting people using services, their families and carers. It aims to support those working in services, to empower service users and to improve the quality of care. The authors developed this material with every effort to adhere to the Charter that has been developed by the Challenging Behaviour - National Strategy Group.

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## Children and young people whose behaviour is sexually concerning or harmful

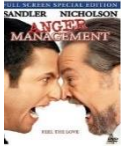
Jackie Bateman & Judith Milner



The sexual abuse of one child by another generates anxiety, puzzlement and confusion. This book provides an overview of the evidence relating to such problem behaviours, from inappropriate behaviour to sexual abuse. They propose research-based effective and creative methods that professionals can use to develop responsibility-taking and safety in the child. The authors show how behaviour can be managed through the development of safe care plans for the home and/or school. They also provide guidance for working across a range of settings.

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## Anger Management



### DVD

Dave Buznik (Adam Sandler) is usually a mild-mannered nonconfrontational guy. But after an altercation aboard an airplane, he is remanded to the care of an anger-management therapist, Dr. Buddy Rydell (Jack Nicholson), who could probably use a little anger management himself.

## Ghodsse's Drugs & Addictive Behaviour

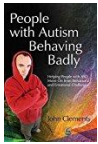


### Hamid Ghodsse

This book presents an international overview of substance misuse and dependence. There is emphasis on practical, evidence-based approaches to assessment and management, a new chapter on alcohol abuse, and the appendix provides clinical intervention tools.

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## People with Autism Behaving Badly



### John Clements

This hands-on, practical manual is indispensable for families, carers and anyone involved with autistic people who need help with behavioral or emotional challenges.

## Keeping it Together

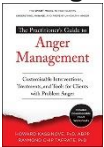


### Peter Woodward

This self-help guide provides practical and realistic information on how direct care staff can develop strategies to support people whose behaviour is challenging and develop their skills in this area.

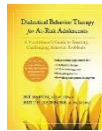
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## The Practitioner's Guide to Anger Management



With this powerful and evidence-based guide, you'll learn how to help clients understand and manage unhealthy anger before it becomes a problem.

## Dialectical Behavior Therapy for At-Risk Adolescents



The first reader-friendly and easily accessible DBT book specifically targeted to mental health professionals treating adolescents who may be dangerous to themselves or others.

# CWPT Library and Knowledge Services

## Health Sciences Library

Caludon Centre, Coventry  
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## Education Centre Library

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