

NIEHS WETP Training Exchange Post-Conference Proceedings

1. Session Title and Presenter's Contact Information

“Anger Management for Minority Males Transitioning Into the Workforce”

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2. Workshop Summary

The purpose of this interactive anger management work is to develop an understanding of the unique experiences of minority males transitioning into the world of work. The objective of this workshop is to help minority males gain self-awareness of their emotions, explore the root cause of their anger, and develop problem-solving skills to change their behavior as they negotiate through opposition, and conflict in their daily lives.

Workshop participants were divided into three groups and given different case scenarios to open up dialogue individuals who made unwise choices due to uncontrolled anger. The groups were asked to come up with alternative ways of handling the situation.

3. Methods

The exercise is a facilitated group discussion that draws upon the experiences of participants. Workshop participants shared experiences from their training and exchanged ideas on how to get a volatile situation under control. The facilitator also used powerpoint slides to present the six sessions that will be used to facilitate group counseling with individuals enrolled in the worker training program. The first group sessions includes a warm up exercise to foster trust and support in the group, the additional five sessions are focused geared to help members explore their anger, identify primary thoughts, develop strategies for negotiate challenging situations, help group members practice negotiation skills, and bring closure to the group by identifying specific areas of growth and lessons learned.

- The trainees will be asked to complete an evaluation of the anger management group after they have completed technical training. The evaluation will be used to determine if the group members' needs were met and to receive feedback on how the anger management group can be improved.
- Group leaders will have the opportunity to receive feedback from the trainees as well as the technical trainers working with the trainees. Group leaders will review the evaluations and discuss ideas to implement changes for the next worker training class. Individuals who have not progressed after the anger management group will be offered individual counseling.

4. Main Points

Key lessons from the Anger Management Workshop

- Program administrators should provide individual assessment to prospective trainees.
- It is important for program administrators, instructors, and counselors to model the behavior of controlling their emotions in stressful situations.
- Anger is a legitimate emotion that should be controlled to promote a positive outcome by learning more productive behaviors.
- Individuals should use volatile situations for personal growth.

Responses from the participants

- Multi-cultural issues should also be addressed during the “Anger Management Training.”
- Several participants in the session thought program administrators should monitor their own anger and how they respond to hostile trainees.
- Workshop participants shared experiences of road rage and how they were able to defuse a potentially hostile situation.
- Workshop participants thought the workshop was informative and would like to implement the “Anger Management” curriculum into their program.

5. References

The Anger Workbook, Authors - Carter, L. & Minirth, F. (1993)

Anger Management for Youth: Stemming Aggression and Violence, Authors – Eggert, L. & Long, N. (1994)

6. Workshop Handouts/Resources

Handout: Anger Management for Minority Males Transitioning Into the Workforce - PPT

Resource:

Solution Tree

(800) 733-6786

www.solution-tree.com