



Anger Management: A Practical Guide for Teachers (Paperback)

By Adrian Faupel, Elizabeth Herrick, Peter M. Sharp

Taylor Francis Ltd, United Kingdom, 2017. Paperback. Condition: New. 3rd New edition. Language: English . Brand New Book. Do you work with angry children? Are you wondering why young people don't listen when they are angry? Are you exhausted from trying to understand angry behaviour? Are you having difficulty finding specialist help as soon as you need it? Anger Management is a practical guide that will help you to stay calm in the face of angry outbursts from children and young people, and support them in learning to manage their anger better. Written by chartered psychologists with extensive experience in the field, this helpful book will: increase your understanding of anger; offer you a range of practical management interventions; help you to manage your own behaviours to build more effective relationships; reduce the stress experienced by staff and parents who lack confidence in the face of aggressive behaviour. With stress and anger levels amongst young people at an all-time high, this third edition of Anger Management is particularly timely. It reflects significant developments in the fields of neuropsychology and our understanding of the physiology of emotions, as well as updated research into attachment theory, resilience, Acceptance and Commitment therapy...



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