



Beyond Seeing Red:

Working Together to Mitigate Anger, Hatred, and Violence

Presented by:

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Beyond Seeing Red - Course Outline

INTRODUCTION:

1. Defining Anger:

Seminar Goals:

2. The Anatomy of Anger (Defining Anger from a Bio-Psycho-Social-Spiritual Perspective)
 - Biological Level of Anger
 - Awareness Creates Choice
 - Recognize Flooding - Time Out Procedure
 - Psychological Level of Anger
 - Anger Behavior Chain Analysis
 - Life Milestones Journal
 - Social-Cultural Level of Anger
 - Relationship History

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- Spiritual Level of Anger
 - Getting to the Heart

Notes:

3. ACT Model of Anger

- Psychological Inflexibility

- Psychological Flexibility

4. Clinical Protocol of Working Together to Mitigate Anger, Hatred, and Violence

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Acceptance and Commitment

Hexaflex Model of Psychological Flexibility

High = Psychological Flexibility		Low = Psychological Rigidity
I willingly accept my thoughts and feelings even when I don't like them	Acceptance	I constantly struggle with my thoughts and feelings
I see each of my thoughts as just one of many ways to think about things-what I do next is up to me	Defusion	My thoughts tell me how things really are and what I need to do
The person I call "me" knows what I am thinking and feeling but is distinct from that process	Self as Context	The person I call "me" is my thoughts and feelings about myself
I flexibly pay attention to what is occurring in the present moment	Present Moment Awareness	I spend most my time on attentional autopilot
I am clear about my life focus and how I am being led by the Holy Spirit.	Virtues Clarity	I am uncertain my purpose in life, or how to determine this.
I identify the actions I need to take to put my heart focus into practice, and I have the courage to follow through	Commitment to Act	I don't manage to act on the things I care about

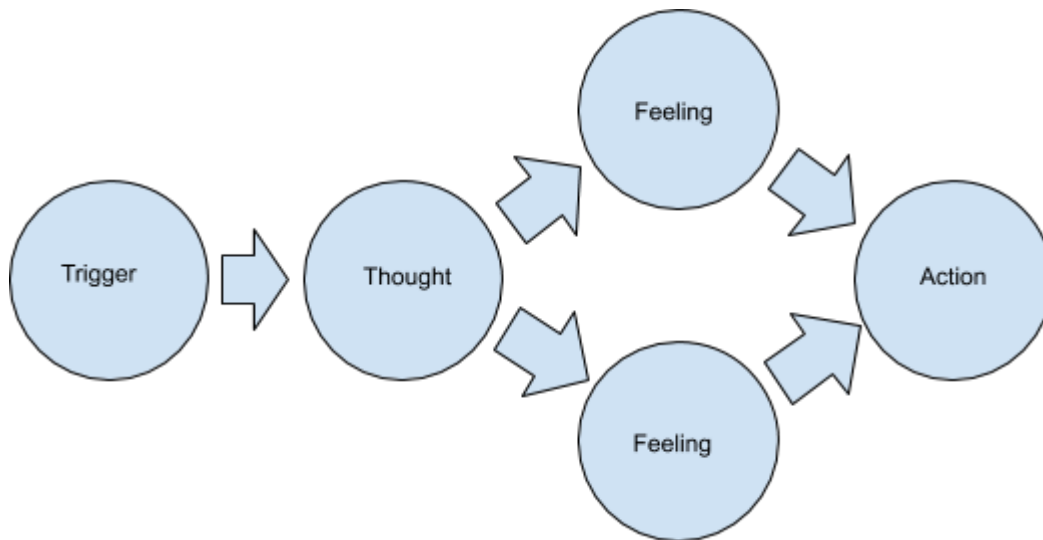
Notes:



Anger Behavior Chain

Instructions:

- (1) Identify Triggers: What happened, with whom, and where. Who observed the interaction.
- (2) Thoughts - What did you expect from the anger target (I think he/she should have), what thoughts made you mad?
- (3) Feelings - What did you feel and where in your body.
- (4) Action - Describe what you did or said. What did the anger target do in reaction? What was the outcome of the situation?



Journal Date:

Time:

Trigger:

Thoughts:

Feeling:

Action:



CHRISTIAN COUNSELING ASSOCIATES OF WESTERN PENNSYLVANIA

Richard Hoffman Ph.D., Clinical Director

Life Milestones Journal

Example Timeline: Childhood

<u>AGE</u>	<u>Positive Events</u>	<u>Negative Event</u>
5	Moved to New House (ex)	
7		Parents Divorced

Instructions:

- **Timeline Format Above:** Take a regular piece of paper and using the format above create a timeline. Segment these timelines in chronological order into segments of Childhood, Adolescents, and Young Adulthood, Married or Adult Life, and Later Life.
- **Positive/Negative Events:** You should record events that you feel shaped you in positive or negative ways. Mark each event by age and use a phrase to describe the event. Reflect on each segment of your life, selecting the events that were psychological or spiritual “turning points” that influenced or shaped the person you are today.
- **Some Helpful Categories:**
 - **Earliest Childhood Memories**
 - **History of Relationships:** Key Friendships, Dating, Intimate Relationships
 - **School Experiences:** Peer Relationship/Social Groups
 - **Occupational History:** How did you choose your career
 - **Family Experiences:** Events in Childhood/Adolescent Home
 - **Spiritual/Faith Experiences**
 - **Key Successes and Failures**
 - **Key events/memories you remember to hide from others**
 - **Events that where you behaved in a self-destructive way**
 - **Events in which you may have been victimized or falsely accused**

Thought Reflection Worksheet

Instructions: Journal most notable thoughts of the day in the spaces below, using the guide to examine thoughts, and their associated distorted beliefs. Then practice a renewing reflection by identifying thoughts rooted in God's Truth.

Surface Level	Thoughts - Triggered by situations involving people, places or things. In the space below reflect on: <i>What happened? Where? When? Who with? How? What thoughts were triggered</i>
T H O U G H T S	
	Emotions - name emotion and rate its intensity 0 - 100% - <i>What emotion did I feel at that time? What other bodily sensations accompanied these emotions.</i>
F E E L I N G	
S E L F	Distorted Beliefs - <i>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</i>
D E C E P T I O N	
Heart Level	Thoughts Rooted in Truth: (1) Spend time in prayerful reflection, (2) Reflect on relevant scripture that speaks Truth to the current distorted belief listed above (3) Seek affirmation about what emerges. Review your discernment process with an accountability partner and/or your CCA Counselor.
T R U T H	



Christian Virtues for Act Analysis

The Christian is called to a life of discipleship, that is, following Jesus Christ. This is not meant to be a life free of pain/suffering, but instead, a life in which is made possible the addition of a deeper level of fulfillment, joy and peace *despite* worldly suffering and affliction. This deeper peace, frequently termed serenity, can only be known through Jesus Christ. What guides us along in our way in following Jesus involve virtues, gifts and fruits.

I. Theological Virtues: Christians, enjoy the indwelling of the Holy Spirit. As part of this indwelling the Christian enjoys certain new abilities, which are called virtues. The three Theological Virtues; faith, hope and charity, are so termed because God is their object. They provide our intellect a new power of taking hold of truth-- by faith, and our will new powers of reaching out toward goodness—by hope and by charity (love).

Faith allows our intellect a new means of taking hold of truth. Not simply by evidence, but by a type of ‘knowing’ which is supernatural, and God-given. This new power, or way of knowing God as the source of truth, is called faith.

Hope allows our will a new means of reaching out towards goodness. We already know, by faith, that God is true goodness. Hope allows us to desire final union with God, to know that this union is possible, and to be aware that it is difficult. Despair is a sin against hope in that it does not believe that salvation is possible. Presumption is a sin against hope in that it holds that union with God as easy. (we cannot simply accept our salvation and keep on sinning).

Charity allows our will a new power of loving God. As follows, charity is also a love of all that God loves: of humans made in His image and of creation (earth).

Faith, Hope and Charity, the theological virtues, are not just feelings but realities. They are like habits or new abilities which dwell in our soul, and allow us to believe in God, to desire union with God, and to love God. The soul is literally alive with them.

“Unless a man is born again, he cannot enter the Kingdom of God” Jn 3:3

II. Moral Virtues: The Moral virtues are so named because God is their end, however their object, or subject upon which they act, is not God. All Christians have God as their end. We go to work, play music, and bake cakes for the Glory of God. However, the object upon which we act are: our clients, a piano, and batter in the preceding sentence. There are four moral virtues: prudence, justice, temperance and fortitude. These are also referred to as the Cardinal Virtues.

Prudence: Disposes us to practical reasoning to discern our true good in every circumstance and to choose the right means of achieving it.

Justice: Consists in the constant and firm will to give our due to God and neighbor.

Fortitude: Ensures firmness in difficulties and constancy in the pursuit of the good.

Temperance: Moderates the attraction of pleasures and provides balance in the use of created goods.

III. There are seven GIFTS of the Holy Spirit: Coming from the Book of Isaiah 11:2 they are Wisdom, Understanding, Knowledge, Good Counsel, Piety, Fortitude and Fear of the Lord.

The gifts of understanding, wisdom and knowledge allow a deeper grasp of the truths accepted by virtue of *Faith*.

Counsel helps us to be aware of the guidance of the Holy Spirit in relation to what we must do and what we must avoid for our souls eternal good here and now, and so is related to the virtue of ***Prudence***.

Piety is related to the virtue of ***Justice*** in that, as justice guides us to give what is right to others, piety guides us to give our love to God, simply because He is lovable and it is right, or just, to do so.

Fortitude is naturally related to the virtue of ***Fortitude***.

Fear of the Lord enjoys a special relationship with the virtue of ***Temperance*** in that it instills in our heart a greater desire to love God. We turn away from forbidden delights not just because of God's Law, but because our love for God draws us towards Him.

Source: Theology for Beginners. Sheed, Frank. 1981.

IV. The FRUIT of the Holy Spirit is taken from Galatians 5:22 from where we get the following list of 9.

These are: Love, joy, peace, patience (also referred to as longsuffering or forbearance), kindness, goodness, faithfulness, gentleness and self-control.

NOTES: