



# **Domestic Violence: Seeds of Change: A Training Manual for Anger Management**

*Rocio Botero Day*

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# Domestic Violence: Seeds of Change: A Training Manual for Anger Management

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**Domestic Violence: Seeds of Change: A Training Manual for Anger Management** Rocio Botero Day  
Domestic Violence: Seeds of Change - A Training Manual for Anger Management addresses the multiple aspects that are involved in anger and rage rather than focusing on only one or two of them, which is a practice that is frequently incorporated in anger management programs. The following aspects are included in this program; Cultural Beliefs Abusive Families Consequences of Early Trauma Social Triggers Manifestations of Anxiety and Depression Alcohol and Drug Abuse Forgiveness, Meditation, Relaxation Poverty Domestic Violence: Seeds of Change - A Training Manual for Anger Management is designed to provide a curriculum to be used by licensed social workers, psychologists, and group leaders of anger management programs who work with clients who are experiencing difficulties managing and controlling their anger. Domestic Violence: Seeds of Change - A Training Manual for Anger Management contains everything trainers need to conduct a series of anger management sessions. It includes Trainer's Notes for 8 sessions, a CD that presents an activity involving circular breathing, and a complete set of the Handouts that are used in conducting the sessions. The material is suitable for use with persons from one or more of the following groups; Immigrants with cultural behaviors and feelings that do not match the U.S. culture American-born persons People who have been abused People who have abused their children People who have had children removed from the family People on probation because of anger-related incidents Husbands or wives who have had restraining orders placed on them Poverty populations Very young adolescents

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