

Course Syllabus
ADS 177
CRN 10014
Anger Management
Fall 2013

Instructor: Aruna Patel

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Office Room 302 BAO (by appointment only)

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Course Number: Alcohol and Drug studies 177, 1 unit
CRN # 100014 ADS 177

Course Time: 6:30PM-9:40PM, Wednesday, 9/25 – 10/23/2013

Course Location: Room 806

Recommended Text: Letting Go Of Anger 2nd Edition
By: Ronald T. Potter-Efron, MSW, & Patricia S. Potter-Efron, MS

For Reference: **The Anger Workbook** by Les Carter, Ph.D. & Frank Minirth, M.D.
Anger Management for substance abuse and mental HealthClients
Participant workbook www.samhsa.gov

Course Description:

This course is designed to introduce theories and interventions for the management of anger and violence. This course will address intimate abuse, and child abuse with special emphasis on brief intervention and emotive behavioral therapies.

Course Objectives:

Students will be able to:

1. Identify behavioral patterns of individual exhibiting uncontrollable anger and compulsive violence.
2. Students will be able to identify different types of anger, feelings relating to anger, activating events, and communication styles.
3. Will understand appropriate applications of therapeutic intervention and behavior modification.

Student's Learning Outcome:

ADS 177- Students will be able to identify symptoms, consequences, and appropriate resources for anger and behavior patterns.

Grading Criteria: The breakdown of this course is on a grade point scale:

Assignment	Points	Percent toward grade
Thought Paper	80	40%
Final	20	10%
Attendance/group	20	10%
Homework activities 4 packets each worth 20 points.	80	40%

No Late work will be accepted. Homework needs to be completed before coming to class and turned in at the beginning of the class period.

Attendance:

Students are expected to attend each class lecture as scheduled and remain present for the duration of the classroom session. Attendance is crucial and highly recommended, as it counts for 10% toward your final grade. Students missing more than 3 hours' worth of class may be dropped. Any student arriving late more than 3 times will be marked with one absence.

Allowances of absence may be made by the instructor on a "case-by-case" basis for special circumstances (i.e.: medical necessity, family/personal tragedy) provided the intent of the IVC attendance policies and the objectives of this course are adhered to. Should a student be absent from class, proper notification to the instructor need be made via email. Instructor must be contacted prior to missing an exam except in a documented emergency situation.

It is the responsibility of the individual student to obtain class materials, handouts, and/or notes given during their absence.

It is the responsibility of the individual student to complete and submit the required administrative forms for withdrawing from this course.

Classroom Disturbances:

Please turn off cell phones, pagers and iPods before coming to lecture. Students who do not comply will be asked to leave the room for the day. If you know you are going to be late, please give prior notice to the instructor. No food or drinks allowed during lecture time please only bottled water or drink container with a lid allowed.

DSP&S Statement:

Any student with a documented disability who may need educational accommodation should notify the instructor or the Disabled Student Program Services (DSP&S) office at the Mel Wendrick Access Center as soon as possible.

Mel Wendrick Access Center
DSP&S
Room 2117
Health Sciences Building
(760) 355-6312

Cheating Policy: Students caught cheating or attempting to cheat on quizzes or exams will be given a zero for that exam or quiz. The student may also be referred to the Associate Dean for Student Affairs for possible further discipline. Cheating includes but is not limited to looking at another student's papers, speaking out answers or questions, the use of open books or notes, use of cell phones, finger spelling in sign language or by notes written on the skin. Baseball caps may not be worn during quizzes or tests. Do not use iPods or such music-providing devices during lecture or tests.

ADS 177: Anger Management: Tentative Course Schedule

Date	Topic
9/25/13	Introduction to class Course Description and Syllabus Review Define Anger/Identify 11 different Angers Homework Package # 1.
10/02/13	Domestic Violence/ Child Abuse/elderly abuse Group work Homework Package # 2.
10/09/13	Movie "Provoked" Anger management criteria
10/16/13	Anger management techniques and referrals in the community. Homework Package # 3.
10/23/13	Homework Package #4 Finals/ Thought paper due/ Certificate of completion