



COUN 482.01W

ANGER MANAGEMENT

Winter Mini 2024

December 16 – January 10

INSTRUCTOR INFORMATION

Instructor: Dr. Rusty Fox Assistant Professor and
Coordinator of Human Services Program and Undergraduate
Internships

Office Location: Virtual

Office Hours: As Needed, schedule via email

Office Phone: By Appointment

University Email Address: Rusty.Fox@tamuc.edu

Preferred Form of Communication: E-mail

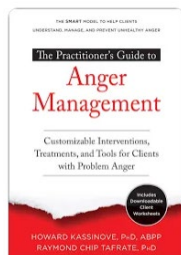
Communication Response Time: 24 hours during week

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required * Must have access to the text within the first 3 class days.

Kassinove, H., & Tafrate, R. C. (2019). The practitioner's guide to anger management:
Customizable interventions, treatments, and tools for clients with problem anger. Impact
Publishers/New Harbinger Publications.



Additional Texts and/or Materials

Selected Anger Management Periodicals

The syllabus/schedule are subject to change.

Course Description

Anger can be an emotion that creates a negative and unsafe environment leading to unhealthy relationships. This course informs students of the patterns, behavior, and role brain chemistry plays in anger development and how brain chemistry, violence, and outbursts are connected. Students will gain insight into treatment modalities, anger management philosophies, and effective principles to aid those with anger issues.

Student Learning Outcomes

1. Demonstration of understanding of key theory and concepts.
2. Evidence of ability to apply newly acquired skills.
3. Skillful and appropriate use of discipline-specific vocabulary.
4. Demonstration of professionalism, and understanding of ethics and legal components of this academic field.
5. Practice of college-level academic writing, and ability to integrate content learned of this professional field of study with general content knowledge of Human Services.

COURSE REQUIREMENTS

Instructional Methods

This course requires active participation with classmates. In fact, that alone is 60% of your grade. Lively online discussion, interesting case studies, practical projects, real life application, and earnest exploration of content and informed opinions, are all part of the format for learning here. Outlining and reading the chapters before class discussions, as well as regular daily participation via D2L will be necessary and required. Content and assignments missed due to unexcused absences cannot be made up. Please be certain to read the University's policy regarding documentation required for excused absences. Again, because of the intense pace of a 3.5 week mini-mester, please note that daily access and participation are essential to success in this course.

PLEASE NOTE: The format for the winter-mester class is roughly 5 times as concentrated as a standard long-semester course. It will be interesting and fun, however it will also be fast and intense. We will meet the course requirements, despite the short duration of our time together. Therefore, daily work will be required. It is also very strongly advised that you designate at least 12 hours per week for organizing, study, reading and outlining, assignments, and preparation for exams. Mini-mesters are an adventure, and a great way of completing credit for a class in about 4 weeks. But they also do not allow enough time to take a vacation, start a new job, or travel.

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GRADING Final grades in this course will be based on the following scale:

- A = 90%-100%
- B = 80%-89%
- C = 70%-79%
- D = 60%-69%
- F = 59% or Below

Weights of the assessments in the calculation of the final letter grade.

Assignments 40%
Discussions 20%

Project or Paper 10%
Weekly Exams 30% (10% each)
TOTAL 100%

Class Participation & Attendance Rubric

Meets and Exceeds Expectations (90-100 Points)

Proactive participation: leading, originating, informing, challenging contributions that reflect in-depth study, thought, and analysis of the topic under consideration. Clear application of learning. This does not mean dominating discussion or self-disclosure inappropriate to the circumstances. Full attendance in the class experience. No absence/no evident pattern of lateness.

Meets Expectations (80-89 points)

Reactive participation: supportive, follow-up contributions that are relevant and of value, but rely on the leadership and study of others, or reflect opinion/personal self-disclosure rather than study, contemplation, synthesis, and evaluation. One absence/no evident pattern of lateness.

Minimally Meets Expectations (70-79 points)

Passive participation: present but no evidence of being, awake, alert, attentive, not actively involved or invested;

Does Not Meet Expectations (0-69 points)

Or Uninvolved: absent from D2L, missing assignments or discussions. Present but not attentive, irrelevant contributions. More than three missed assignments/discussions.

*Reminder: D2L reports the hours you are logged in and working on assignments. You must meet the posted due dates in order to earn a passing grade in this course. Posting everything during the last week, will not suffice.

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Student Responsibilities or Tips for Success in the Course

Students are expected to regularly log into the course website. The amount of weekly coursework (Discussions, Assignments and outlining chapters) is roughly 12 hours per week, for each of our four weeks. Reading, study, project work and exam preparation expected is at 1 to 2 times the amount of coursework hours per week.

TECHNOLOGY REQUIREMENTS

Minimal Technical Skills Needed

Using Microsoft Word, PowerPoint, the D2L Learning Forum, and E-Mail

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

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Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest

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Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or point release of that major version) and the previous major version of iOS (the latest minor or point release of that major version). For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
 - 512 MB of RAM, 1 GB or more preferred
 - Broadband connection
 - required courses are heavily video intensive
 - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
- You must have a:
 - Sound card, which is usually integrated into your desktop or laptop computer
 - Speakers or headphones.
 - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: [JAVA web site http://www.java.com/en/download/manual.jsp](http://www.java.com/en/download/manual.jsp)
- Current anti-virus software must be installed and kept up to date.

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

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- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
 - [Adobe Reader](https://get.adobe.com/reader/) <https://get.adobe.com/reader/>
 - [Adobe Flash Player](https://get.adobe.com/flashplayer/) (version 17 or later) <https://get.adobe.com/flashplayer/>
 - [Adobe Shockwave Player](https://get.adobe.com/shockwave/) <https://get.adobe.com/shockwave/> ◦ [Apple Quick Time](http://www.apple.com/quicktime/download/) <http://www.apple.com/quicktime/download/>
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

Brightspace Support

Need Help?

Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

The syllabus/schedule are subject to change.

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words “click here” to submit an issue via email.



System Maintenance

D2L runs monthly updates during the last week of the month, usually on Wednesday. The system should remain up during this time unless otherwise specified in an announcement. You may experience minimal impacts to performance and/or look and feel of the environment.

Interaction with Instructor Statement

Professor will respond via E-Mail or phone in a timely manner.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Student is expected to log in to D2L in a timely manner each week.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in writing.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).
<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: [Netiquette](http://www.albion.com/netiquette/corerules.html)
<http://www.albion.com/netiquette/corerules.html>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx) webpage and [Procedure 13.99.99.R0.01](http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx).
<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

ADA Statement

Students with Disabilities

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

East Texas A&M University

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148 Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

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Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

COURSE OUTLINE / CALENDAR

Course Requirements:

You are intelligent, hardworking, future counselors with skills and ethics, therefore, all work submitted must be original. No collaboration with peers on exams. ,And no use of AI-generated content is allowed. Use of either, will result in failure, and referral through disciplinary PROCESSES/procedures for academic dishonesty.

- **Examinations** (10% of grade each) – There will be three, equally waited examinations covering the text, syllabus, assignments, and discussions. Examinations may consist of multiple choice, matching, or true/false. (Exams due in D2L, before midnight; **DECEMBER 22ND; JANUARY 5TH; AND JANUARY 10TH**)
- **Daily Discussions** (20% of grade) will be **DUE BEFORE MIDNIGHT WEDNESDAY OF EACH WEEK**, with a response to at least two classmates **BEFORE MIDNIGHT SUNDAY** of each week. Credit, required both each week.
- **Daily Assignments** (40% of grate) are due **BEFORE MIDNIGHT SUNDAY, EACH WEEK.**
- **Class Project** (10% of grade) An annotated bibliography of at least 10 resources will come from professional journals or books, chosen from topics discussed in Chapter 3, The Anger Episode Model due **BEFORE MIDNIGHT, DECEMBER 29TH.**

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NOTE: The annotated journal bibliography must be word processed, double-spaced and adhere to APA publication format. A part of the evaluation will involve compliance with APA formatting, as well as clarity of written form and grammatical accuracy. **Please take note of the due date (before midnight, December 29th) No late work is accepted for this class.**

A. Journal Article Annotated Bibliography Project

Each student will select a topic of personal and/or professional interest, one presented in Chapter 3, the Anger Episode Model, that is believed to be worthy of theoretical/conceptual or application consideration.

Research and review ten (10) journal articles that contain and share a specific theme. Prepare an annotated bibliography (a brief summary and critical analysis) of the ten or more articles selected.

B. Examinations

The three exams will assess the student’s knowledge of the material presented in the textbook, reserved readings, syllabus, lectures, and class discussions. The format of the exams will consist of multiple choice, matching, and true/false, administered online through the D2L format.

Course Schedule

Week	Content	Reading	Assignment
12/16 to 12/22	Anger Treatment Basics and Case Formulation and Treatment Planning	Parts 1 & 2 Chapters 1-4	EXAM 1 Week 1 Activities Week 1 Discussions
12/23 to 12/29	Preparing Clients for Change and Interventions to Alter Anger Triggers	Parts 3 & 4 Chapters 5-9	JOURNAL ARTICLES ANNOTATED BIBLIOGRAPHY Week 2 Activities Week 2 Discussions

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12/30 to 1/5	Interventions to Change Thoughts: Accepting, Adapting, and Adjusting and to Alter Internal Experiences and Urges	Parts 5 & 6 Chapters 10-13	EXAM 2 Week 3 Activities Week 3 Discussions
1/6 to 1/10 *Friday	Interventions to Alter Anger Expression and Going Beyond Anger Management and Putting it All Together	Parts 7 & 8 Chapters 14-17	EXAM 3 Week 4 Activities Week 4 Discussions

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