COUN 482: Anger Management: Skills and Techniques Spring 1/13/2025-5/9/2025

Instructor Information

Instructor: Dwala Chandler, MEd
Office hours: By appointment
Email: Dwala.Chandler@tamuc.edu
Response time: Within 24-48 hours, M-F (excluding weekends and school holidays)

COURSE INFORMATION

Materials-Textbooks and Readings

Textbook(s) Required- Kassinove, H., & Tafrate, R. C. (2019). The practitioner's Guide to Anger Management: Customizable interventions, treatments, and tools for clients with Problem Anger (1st ed.). Impact Publishers, Inc./New Harbinger Publications. **978-1684032860**

Course Description

This course will explore the topics of anger and therapeutic techniques to manage unwanted anger. Students will explore the definition of anger, its use, how it presents in a therapeutic space, and how to prepare themselves as therapists. We will briefly examine individual experiences and biases that may shape the way we approach anger and people that choose to address it. Additionally, the course will address practical ideas of how to apply the knowledge gained.

Student Learning Outcomes

• Students will develop a working definition of anger
• Students will gain insight into the positive and negative impacts of anger
• Students will be able to discuss ways to cope with anger
• Students will learn practical ways to incorporate anger management into counseling practices

COURSE REQUIREMENTS

This course is to be completed using the myLEO Online (D2L Brightspace) platform. Students are required to login regularly to participate in the readings, discussions and subsequent assignments.

Minimal Technical Skills Needed

Students will need to operate D2L and Microsoft.

The syllabus/schedule are subject to change.

Instructional Methods
This course is offered 100% online through D2L.

Student Responsibilities and Tips for Success
1. Complete all readings and watch all posted videos
2. Respectfully interact with instructor and peers
3. Actively engage in critical thinking and conversations
4. Complete all assignments by the due date
5. Communicate with instructor regarding any questions or concerns as they occur
6. Use best practices of APA 7 writing style

COURSE ASSIGNMENTS AND GRADING

Discussions (5 points each)
Students will participate in 10 discussions in relation to the weekly assigned readings and videos. The discussions are to deepen your understanding of the material and its relevance to everyday life. ***Discussions require a minimum of 100 words and are due on Sundays at 11:59 pm. Reply to two of your peers.*** Replies should further the discussion with either your own thoughts/experience, research, or follow up questions. The initial post is worth 2.5 points and the two responses are worth another 2.5 points.

Outlines (10 points collectively)
Students will complete a 1 to 2-page outline for each chapter provided in the syllabus. All outlines should be uploaded in D2L for full credit.

Midterm Exam (15 points)
You will complete a midterm exam on D2L over the assigned material. More details will be provided as the date approaches.

Reflection Paper Assignment (5 points)
You will complete a reflection paper over the assigned material. More details will be provided as the date approaches.

Final Exam (20 points)
You will complete an exam on D2L over the assigned material. More details will be provided as the date approaches.

Grading Scale
A =90-100 points
B = 80-89 points
C = 70-79 points
D = 60-69 points
F = 0-59 points

The syllabus/schedule are subject to change.

TECHNOLOGY REQUIREMENTS

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.

• You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:

     o 512 MB of RAM, 1 GB or more preferred

     o Broadband connection required courses are heavily video intensive

     o Video display capable of high-color 16-bit display 1024 x 768 or higher resolution

• **For YouSeeU Sync Meeting sessions 8 Mbps is required**. Additional system requirements: https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements

• You must have a:

     o Sound card, which is usually integrated into your desktop or laptop computer

     o Speakers or headphones.

     o *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

• 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.

• You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:

 o Adobe Reader https://get.adobe.com/reader/

 o Adobe Flash Player (version 17 or later) https://get.adobe.com/flashplayer/

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o Adobe Shockwave Player https://get.adobe.com/shockwave/
 o Apple Quick Time 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
Technical Support: 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.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

University-Specific Procedures

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

AI Use Policy

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

> 13.99.99.R0.03 Undergraduate Academic Dishonesty
> 13.99.99.R0.10 Graduate Student Academic Dishonesty

ADA Statement

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 Services
Velma K. Waters Library- Room 162
Phone (903) 886-5930
Fax (903) 468-8148
Email: StudentDisabilityServices@tamuc.edu
Website: http://www.tamuc.edu/student-disability-services/

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.

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 TAMUC 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/34S afet yOfEmployeesAndStudents/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.

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

COURSE CALENDAR

WEEK (DATES)	TOPIC	ASSIGNMENT
1 1/13-1/19	CH. 1 Anger Fundamentals and SMART Anger Management	Introductions DUE 1/19
2 1/20-1/26	CH. 2 The Initial Sessions: Engagement	Discussion 1 DUE 1/26 Outline Ch. 1 & 2 DUE 1/26
3 1/27-2/2	CH. 3 The Anger Episode Model	Discussion 2 DUE 2/2 Outline Ch. 3 DUE 2/2
4 2/3-2/9	CH. 4 Assessment	Discussion 3 DUE 2/9 Outline Ch. 4 DUE 2/9
5 2/10-2/16	CH. 5 Enhancing Awareness and Motivation	Discussion 4 DUE 2/16 Outline Ch. 5 DUE 2/16
6 2/17-2/23	CH. 6 Psychoeducation	Discussion 5 DUE 2/23 Outline Ch. 6 DUE 2/23
7 2/24-3/2	Midterm	Midterm Exam DUE 3/2
8 3/3-3/9	CH. 7 Lifestyle Changes	Discussion 6 DUE 3/9 Outline Ch. 7 DUE 3/9
9 3/10-3/16	CH. 8 Sidestepping Provocations	Discussion 7 DUE 3/16 Outline Ch. 8 DUE 3/16
10 3/24-3/30	CH. 9 Social and Personal Problem Solving	Discussion 8 DUE 3/30 Outline Ch. 9 DUE 3/30
11 3/31-4/6	CH. 10 Promoting Realistic Thoughts and an Accepting Philosophy	Discussion 9 DUE 4/6 Outline Ch. 10 DUE 4/6
12 4/7-4/13	CH. 11 Perspective Taking, Compassion and Forgiveness as Antidotes to Anger and Resentment	Discussion 10 DUE 4/13 Outline Ch. 11 DUE 4/13
13 4/14-4/20	CH. 12 Overcoming Impulsive Urges and Increasing Tolerance for Distress	Outline Ch. 12 DUE 4/20
14 4/21-4/27	CH. 13 & 14 Tolerating Negative Words and Thoughts: Barb Exposure/ Social and Interpersonal Skills	Outline Ch. 13 & 14 DUE 4/27
15 4/28-5/4	CH. 15 & 16 Assertiveness Training: Awareness, Actions, and Words/Happiness	Outline Ch. 15 & 16 DUE 5/4
16 5/5-5/9	Final Exam	DUE 5/6

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