



COUN 482, 01W, Anger Management

COURSE SYLLABUS: Summer II 2025

INSTRUCTOR INFORMATION

Instructor:	Rusty Fox, Ph.D.
Office Location:	Binnion 221
Office Hours:	Phone, ZOOM, or in person by appointment
Office Phone:	903.886.5637
University Email Address:	Rusty.Fox@etamu.edu
Preferred Form of Communication:	Email preferred. Please always list course number in Subject Field. COUN 484
Communication Response Time:	Within 24-36 hours during the work week

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required – Kassinove, H., Tafrate, R. C., (2019) *Practitioners Guide to Anger Management, Edition 19.*

Software Required – N/A

Optional Texts and/or Materials - TBD

Course Description

Student Learning Outcomes (Should be measurable; observable; use action verbs)

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.

The syllabus/schedule are subject to change.

COURSE REQUIREMENTS

Instructional Methods

This course requires active participation. Lively discussion, interesting case studies, practical group 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 attendance, either in person or via D2L log-in in an on-line format, 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, please note that attendance and participation are essential to success in this course.

Student Responsibilities or Tips for Success in the Course

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

Total points corresponding to the final letter grades

A = 900-1000 Points

B = 800-899 Points

C = 700-799 Points

D = 600-699 Points

F = 599 & less Points

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

Assignments 30%

Discussions 30%

Current Events 10%

Midterm Exam 15%

Final Exam 15%

TOTAL 100%

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Academic Integrity

Academic Integrity is paramount! Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. **Be certain you are familiar with University policy and procedures regarding academic integrity. It is a core value of higher education, and failure to comply can result in consequences from a failing grade on an assignment, to failure of a course, to dismissal from the institution.** Be certain to ask questions and seek help from the Writing Center on proper citation and quoting on all submitted assignments. For more details and the definition of academic dishonesty, see the following procedures:

Undergraduate Students Academic Integrity Policy and Form

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

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Undergraduate Student Academic Dishonesty Form](#)

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

Graduate Students Academic Integrity Policy and Form

[Graduate Student Academic Dishonesty](#)

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

Students with Disabilities-- 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 or have questions, please contact:

The syllabus/schedule are subject to change.

Office of Student Disability Services
Velma K. Waters Library- Room 162
Phone (903) 886-5930
Fax (903) 468-8148
Email: StudentDisabilityServices@tamuc.edu
Website: <https://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 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.

A&M-Commerce Supports Students' Mental Health

Counseling Center Services

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

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Department or Accrediting Agency Required Content

COURSE OUTLINE / CALENDAR

Calendar and course outline will be based on the following. It is subject to change, with written notification coming from the instructor in D2L, email, or both. Due to the fast pace of this course, **no late work can be accepted**.

PLEASE NOTE: All submissions must be made in D2L, in WORD format.

Week 1, July 7th through July 13th

Part 1: Anger Treatment Basics

-Chapters 1 & 2-

- **ASSIGNMENT 1** IS DUE BEFORE MIDNIGHT JULY 13TH
- **CURRENT EVENT 1** DUE BEFORE MIDNIGHT JULY 13TH

Week 2, July 14th though July 20th

Part 2: Case Formulation and Treatment Planning

-Chapters 3 & 4-

- **ASSIGNMENT 2** IS DUE BEFORE 11:59P, JULY 20TH
- **DISCUSSION 1** IS DUE BEFORE 11:59P, TUESDAY, JULY 15TH
- **RESPONSE** TO 2 CLASSMATES' DISCUSSIONS DUE BEFORE 11:59P SUN, JULY 20TH
- **EXAM 1** DUE IN D2L BEFORE 11:59P, JULY 20TH (AVAILABLE MIDNIGHT, JULY 16TH)

Week 3, July 21st through July 27th

Parts 3 & 4: Preparing Clients for Change
and Interventions to Alter Anger Triggers

-Chapters 5, 6, 7, 8, & 9-

- **ASSIGNMENT 3** IS DUE BEFORE 11:59P, JULY 27TH
- **CURRENT EVENT 2** IS DUE BEFORE MIDNIGHT JULY 27TH
- **NO DISCUSSION THIS WEEK! (WORK AHEAD FOR NEXT WEEK)**

Week 4, July 28th through August 3rd

Parts 5 & 6: Interventions to Change Thoughts: Accepting, Adapting, and Adjusting
and Interventions to Alter Internal Experiences and Urges

-Chapters 10, 11, 12, & 13-

- **ASSIGNMENT 4** IS DUE BEFORE 11:59P, AUGUST 3RD
- **DISCUSSION 2** IS DUE BEFORE 11:59P, AUGUST 3RD

***Week 5, August 4th through August 7th (*note this is a short week)**

Parts 7 & 8: Interventions to Alter Anger Expression
and Going Beyond Anger Management & Putting It All Together

-Chapters 14, 15, 16, & 17-

- **ASSIGNMENT 5** IS DUE BEFORE 11:59P, THURSDAY AUGUST 7TH
- **EVENT 3** IS DUE BEFORE 11:59P, THURSDAY AUGUST 7TH
- **EXAM 2** IS DUE BACK IN D2L BEFORE 11:59P AUG 27TH (AVAILABLE MIDNIGHT AUG 4TH)

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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.



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