

**M.A.D.**

*Managing Anger Daily*

**My Way**

*Steven Banks, LMFT*

Steven Banks, LMFT  
2628 El Camino Ave., Suite D-2  
Sacramento, Ca. 95821  
(916) 487-0657

### Course Proposal:

**Mad My Way** is similar to a therapeutic apprenticeship that supports, encourages, teaches, challenges, and through hard work rewards its participants with the skills necessary to effectively **Manage Anger Daily**. Evergreen Counseling provides therapy, training, and counseling services for individuals, businesses, health services, and non-profit organizations. For those who desire change, Evergreen Counseling can help modify self defeating patterns and develop new attitudes that are life changing and life affirming. Given the right conditions and proper guidance participants thrive, going on to respect themselves and those important to them.

Clinicians, mediators, custody evaluators, and mental health professionals are required to have 8 hours each year of continuing education, 4 of which cover domestic violence education. Programs providing anger management and domestic violence groups are required to have 8 hours of domestic violence education each year. Evergreen's **Mad My Way** course curriculum meets the requirements of 1203.098 of the penal code, and California rules of the court 5.230.

### Reason for Offering Course:

All of us feel much more comfortable when we have the knowledge to handle a problem. This workshop offers hands on opportunity to gain the knowledge and skills that can help individuals struggling with anger and violence, as well as help those working with them teach the skills required for this population.

To be successful, we must first create an environment that exudes respect. Our experience has shown over and over again that respect with any population is the foundation and the key to creating an environment where learning becomes safe, healthy and sustained.

The goal of this workshop is to stop domestic violence and change unhealthy anger to healthy anger. Through common sense, simple tools and ground rules, we teach respect for self and others. Our workshop focuses on understanding the core of anger, and practical treatments plans.

## Course Outline:

### Goal of Continuing Education: • What to know

- To be able to demonstrate the skills you are being taught.

#### 1. Types of abuse:

- Physical
- Mental
- Emotional
- Sexual
- Economic

#### 2. Evolution of anger (why insight is important)

- Evolution of extreme anger
- Terms used in anger growing up

#### 3. Healthy anger

- Range of healthy anger
- Unhealthy anger

#### 4. Relationships

- Cooperative
- Competitive
- Defensive

#### 5. Restoring a relationship

- I love you to F... you in five years
- Can it be restored
- Some relationships should end
- Some relationships just need help
- Begin with the end in mind
- Seek first to understand then be understood
- See in order to believe
- Believe in order to see

#### 6. What to include on a plan to help discuss difficult issues more effectively.

7. **What is a dangerous situation?**
  - Toxic Relationships
8. **If things were getting dangerous, what to do?**
9. **Examples of a dangerous situation?**
10. **People or places to go to for help**
11. **The main challenges with anger in a relationship**
12. **What are you doing to handle these situations?**
13. **How do you know when you are getting angry (physical, mental, emotional signals)?**
14. **What does a victim of violence experience?**
15. **If you were to get violent with your partner, what should she do?**
  - What are the negative effects of domestic violence on children?
16. **What are 7 steps necessary to regain trust once it is violated?**
17. **What negative effects do alcohol and drugs have on a relationship?**
  - Should learn signs and symptoms
  - Should know something about different treatment methods
18. **Give a recent example of something that made you mad and how you handled it in a healthy way.**
19. **The “f... it” wall. What is it?**
20. **20. Fantasy based and reality based relationships.**
  - Fantasy based beliefs
  - Reality based beliefs
  - Do the math
21. **Systems approach to understanding relationships**
  - Discuss influence of society, culture, religion, friends, family, work etc.
22. **Homeostasis and Evolution**
  - Discuss how the relationship is allowed to grow, i.e., is it an open or closed system.
  - What kinds of rules are kept in effect to keep things the same. Does change threaten the relationship?
23. **Cooperative, competitive and defensive relationships**
  - Seek first to understand, then be understood
  - What does blaming, degrading, dehumanizing or putting a partner’s safety at risk do for the relationship?
  - What does coercion or violent behavior do to a partner?
24. **Treatment plans**
  - Desire
  - Consistency/commitment
  - Plan

- Plus/minus
- Choice
- Attitude
- Follow through
- It takes time
- Assessment

## 25. **Role play**

- Break into small groups.
- Have participants develop a solution to a problem created by the group.
- Demonstrate how it can be solved.
- Give examples of how this is used in group and what participants do, i.e., 1-10 grade.

**Course Evaluation Method:** Done with a questionnaire at the end of training.

**Teaching Method:** Lecture, Power Point presentation along with hand outs, role playing, as well as class member participation exercises.

**Class Session(s), Days, and Hours:** There are several different formats based on the type of class being given - whether it is for CEU's, for anger management group members, or for work place education.

**Recommended Class Size:** Varies according to course being taught.

**Recommended Fee:** Varies according to course being taught. State Standards.

**Materials, Supplies, and Equipment:** Projector for Power Point presentation.

## Steven Banks, LMFT

July 1985 to present – Owner

### **EVERGREEN COUNSELING**

2628 El Camino Ave., Suite D-2

Sacramento, Ca. 95821

- Ph. (916) 487-0657
- FAX (916) 487-0325

1989 to present

Administer and provide the Batterer's Treatment and Anger Management Program for Sacramento County, including Probation, Parole, Family Court Services, Children's Protective Services, business and private parties. Those attending are men from all ethnic and social levels.

### **Responsibilities:**

- T O provide education and treatment for individuals needing help managing anger & violence. Group topics include but are not limited to:
  - exploring patterns of anger
  - healthy/unhealthy anger
  - abusive anger
  - values and beliefs
  - and the impact violence has on a victim and family members.

### **Participants are required to:**

- learn how to discuss difficult issues more effectively
- how to develop a plan to resolve differences
- recognize a potentially inappropriate situation
- know what steps to take in a dangerous situation
- know how to re-establish trust once it is violated
- know where to get help
- recognize when a relationship is toxic

- identify areas of conflict
- recognize their present level of anger
- recognize how their anger is changing
- give recent examples of healthier expressions of anger
- learn other topics that help participants live a more functional life.

Sacramento County Probation Dept.

3201 Florin-Perkins Rd.

Sacramento, Ca. 95826

June 2009-2011

Capital Foundation for the Asian Pacific Island Community

*Description:* As per Penal Code 1203.098 and 1203.097

40 hours of core basic training with:

- A minimum of 8 hours in basic domestic violence knowledge focusing on victim safety and the role of domestic violence shelters
  - A minimum of 8 hours in multicultural, cross cultural, and multiethnic diversity and domestic violence.
  - A minimum of 4 hours in substance abuse and domestic violence
  - A minimum of 4 hours in intake and assessment, including the history of violence and the nature of threats and substance abuse.
  - A minimum of 8 hours in group content focusing on areas required by PC1203.097
  - A minimum of 4 hours in group facilitation
  - A minimum of 4 hours in domestic violence and the law, ethics, all requirements specified by the probation department pursuant to Section 1203.097. and the role of batterer's intervention programs
- 104 hours in no less than six months as a trainee in my approved batterer's intervention program.

February 2001 to present

El Dorado Superior Court

**Description:** As per California Family Codes, I provide mediation services for couples involved in custody disputes. This requires that I help the parents develop effective parenting plans that address the health, safety and welfare of the child/children while reducing any acrimony between parents. When agreement is not reached, I gather information from various sources and make a parenting recommendation to the court based on the information gathered. The goal is always what is in the best interest of the children, according to the laws of California. I also testify when necessary.

**Reference:**

Family Court Mediator

El Dorado County Superior Court

495 Main St. Placerville, Ca. 95667

January 1990 to December 2004

Los Rios Community College District

**Description: 2-3 Courses- per semester 14 years**



General Psychology (Sac. City College)

Human Behavior (Sac. City College)

Personality Theory (Sac. City College)

Abnormal Psychology (Los Rios Comm. College-The Training Center)

Human Sexuality (Sac. City College)

Introduction to Chemical Dependency (American River College)

Group Encounter and Basic Communication Skills (Los Rios Comm. College-The Training Center)

Alcoholism and Drug Addiction: Intervention, Treatment, and Recovery (American River College)

Drugs and Human Behavior (Sac. City College & Los Rios Comm. College-Training Center)

Techniques of individual and Group Counseling of the Elderly (American River College)

Marriage and Family (Sac. City College)

Social Psychology (Folsom Lake Community College)  
(American River College)

Curriculum is described in the Los Rios Community College District class catalog

1982 to 1995

Administer and provide the drug diversion program for Sacramento County, including Probation, Parole, Family Court Services, Children's Protective Services, business and private parties. Those attending were men and women from all ethnic backgrounds and social levels.

**Responsibilities:** Provide education and treatment to first time offenders. Topics included but were not limited to: signs and symptoms of intoxication, overdose and withdrawal with depressants; stimulants; opiates; hallucinogens; and inhalants. We also explored the needs of the abuser, and patterns leading to at-risk behavior. Participants were taught crisis awareness and intervention techniques including where to get help, when to get help, and how to effectively communicate during a crisis. We provided resources available in the community and helped each participant understand some of the common problems/concerns that may be different to specific populations.

Topics also included; fetal drug syndrome; AIDS; co-dependency; respect, responsibility, confidence and consistency.

