

Title of Session: School Counselor's Corner - Anger Management

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Room: Counselors Corner Group

BarbaraMu: OK- so we usually start with introductions. I was an elementary school counselor, now in private practice, in New Jersey. If you could introduce yourself, where you are from, and let us know the level you work at.

CarrieNT: I am Carrie, a student at Franklin College in Indiana

PamA: what is a good book for parents on dealing with their child's anger

MatthewP: I am a college student at Franklin College in Indiana wanting to be a history teacher

AmandaTr: I am also a student at Franklin College planning on being a math teacher in the near future.

TylerR: I am also a student at Franklin College hoping to become a High School teacher.

TatyanaC: I'm a school counselor and currently working on my LPC.

BarbaraMu: Pam, what level or age is the child that the parent is trying to help?

PamA: a 9 year old boy.....he is adopted.....has angry fits at home only

PamA: Also, he is their only child

BarbaraMu: How to Take the Grrrr out of anger by Elizabeth Verdick is good.

TatyanaC: I would suggest to find a person who can teach these parents filial therapy. I'm an adoptive parent myself

PamA: Tell me something about filial therapy

TatyanaC: It's a great tool

TatyanaC: filial is therapy by parents.

BarbaraMu: There is also a new one by Golden called Healthy Anger and is about helping children and teens

TatyanaC: they spend 10 weeks to learn about it

TatyanaC: they have a kit with certain toys

TatyanaC: and do it at once a week for at least 30 minutes

SeanMc: what kind of toys

BarbaraMu: Maybe we can back up a bit.

TatyanaC: there is a list of at least 50 items

BarbaraMu: We want to talk about anger management tonight. On the preschool and elementary level, it is perhaps the most requested small group counseling topic by parents.

PamA: thanks for the book titles

SeanMc: what kind of behavior is this therapy filial therapy work best against

TatyanaC: Sorry, one more thing to add-Dr. Landreth has a number of books

TatyanaC: for attachment

BarbaraMu: Filial therapy is one of many types of play therapy approaches.

PamA: So, parents use a kind of play therapy with their child??

TatyanaC: however, it is a great tool for teachers to be able set the limits and teach kids to take responsibility and make the right choices

BarbaraMu: The Play Therapy Association has many wonderful descriptions of the different techniques within that niche.

TatyanaC: yep

PamA: What age is this suggested for?

TatyanaC: they learn special language and ways to approach. I use it every day at work with kids

TatyanaC: 2.5 till 11 y.o.

BarbaraMu: For those interested in adoption and reactive attachment, and some wonderful resources and information about how this might look at home and in the classroom, you might read any of the articles at

<http://www.instituteforchildren.org/parents.asp>

BarbaraMu: For tonight though, I would like to try to bring us back to the topic of anger.

TatyanaC: another strategy I use with my students is blowing a balloon

TatyanaC: that's a strategy to deal with anger :o)))

BarbaraMu: When we work with kids and anger, we go in with a number of objectives. This works for either large group lessons or small group counseling.

BarbaraMu: We are looking at 1. Identify factors that cause anger

BarbaraMu: 2. Understand the consequences of irrational behavior when angry

BarbaraMu: 3. Examine why some situations make everyone mad and others do not

BarbaraMu: 4. Identify different anger reduction techniques

BarbaraMu: As a staff, We also want to look at the emotional climate of our school and our classrooms

BarbaraMu: Jane Bluestein has a wonderful survey to think about the emotional climate at school in her handouts at http://janebluestein.com/counselors/coun_frameset.html

TatyanaC: and classroom first of all, I would say, and parents' attitudes

BarbaraMu: The counselors in the st. pail school system have put a number of lesson plans on line for lots of different topics. Clicking on their anger lessons will bring you to a unit on anger. There are also links to their middle school lessons.

BarbaraMu: <https://mis.spps.org/counselors/units.html>

TatyanaC: The previous one is forbidden

BarbaraMu: Tatyana, at Jane's site, if you go to counselors, then articles, then find the survey on emotionally safe schools, you should be able to pull it up.

BarbaraMu: With most of you being preservice counselors and teachers, is there anything you want to ask or know about anger management with kids?

TatyanaC: Thank you, Barb, I'll play with that a bit later.

MatthewP: Yes do you think the anger comes from the home or just the child

BJB2: try articles in the pink menu bar

SeanMc: with anger management in children, being teacher, how would you go about handling a child that has anger issues

MatthewP: Thank you

BarbaraMu: Our approach to anger management can fall out under behavior management or school wide behavior plans.

TatyanaC: Barb, what's your best practice and experience working with anger?

BarbaraMu: There are some wonderful sites around that which will not just talk about anger but lots of different behavior issues....

CarrieNT: Is a good way to solve anger management issues outside the classroom, for example a basketball game?

BarbaraMu: This url is on diffusing aggressive behavior but the Dr. Mac Behavior Advisor site has many ideas about many behavioral issues in the classroom

BarbaraMu: http://www.behavioradvisor.com/Aggression_tips_insert.html

SeanMc: would you try to handle it yourself first, or try to get them in touch with a counselor when you notice an anger problem

TatyanaC: That's one of the strategies to chill, to get distracted, but certainly it will not be enough to be done with it.

TylerR: When the kids are going through a fit, do you think comforting the student with a touch on a shoulder is ok, or should you avoid that kind of comforting all together?

TatyanaC: it depends on a child and on the history of his anger

BarbaraMu: Intervention Central is another of the wonderful multi-issue helps for teachers and counselors around behavioral issues
<http://www.interventioncentral.org/index.php#ideas>

TatyanaC: you may have a place in your classroom where a student may go to spend sometime to calm down

SeanMc: what if that does not work

BarbaraMu: As is the You Can Handle them All site from the Master Teacher <http://www.disciplinehelp.com/>

TatyanaC: how old is a student?

TylerR: When the child is smaller, like in K-3, what happens if a child is in danger of hurting themselves?

BarbaraMu: To try to add to the discussion of specific students, does anyone want to volunteer what works for them?

TatyanaC: I'm currently working with one, and we had to ask mom to take him to a counseling center.

TatyanaC: I use a lot of limit setting techniques from filial therapy, and I use balloons, and then we talk, role play...

BarbaraMu: Tyler, when a child is in danger, you need to reach out to other resources

PamA: Sometimes I have taken children to a sensory room.....nothing in it.....they can yell or scream or lay down and kick on a padded floor

BarbaraMu: Our teachers all have phones in their rooms and with cell phones, calling out is easier.

SeanMc: Pam, is that considered healthy?

TatyanaC: are the children in special ed or regular classroom?

SeanMc: kids are not always going to have a room that they can go throw a fit in

PamA: these are special ed children and they need a place with no one watching

SeanMc: would it be better to start now in showing them constructive ways to vent anger

TatyanaC: Don't they have behavior plans?

BarbaraMu: Its funny that Pam mentioned a sensory room....because we have a lot of kids in our classrooms now who have sensory integration disorder....the last thing you would want to do is touch them- especially without permission, because they are so touch sensitive.

PamA: Sometimes I take them to my office.....you can only talk to the child when they are calm about venting anger.....

SeanMc: ok

TatyanaC: Well, probably before an outburst there would be some signs, and adults have to learn and be able to recognize them in order to help children to become aware of them

getting angry

AmandaTr: If some don't have an office, is the hallway a sufficient place to talk with a student?

BarbaraMu: Those signs are what we try to teach children

TatyanaC: exactly, and I think it's important when adults recognize those signs too and help children...

PamA: It would be important to have a place where the child would feel free to talk.....private

PamA: We use A-B-C a lot. What was the antecedent causing the behavior and what were the consequences

AmandaTr: I feel that after school meetings would be the best time to talk with a student. We would have our classroom to ourselves, and it would be more one on one time with the student

TatyanaC: yea, but sometimes it may take an hour before a child is in a condition to talk and reflect

BarbaraMu: When we go into classrooms, we are talking to kids about where they feel their anger...a lot will say its in their hands or feet...that they want to hit or kick...some in their head...or stomach

PamA: yes it does take time

BarbaraMu: Especially for kids with a hair trigger anger, we are trying to get them to recognize when they are angry so they have a second or two to make a different choice other than exploding

MatthewP: if it takes that much time though how do you find time to do it in the classroom without taking away form the other students

BarbaraMu: Along with the ABC that Pam spoke to, another is the E+R=O The event, plus your response equals your outcome

BarbaraMu: That works for a lot of problem solving that you want to work through

BarbaraMu: For kids grade 5-8, you might want to set up the Bam site for them to use BAM! Guide to Getting Along

BarbaraMu: http://www.bam.gov/sub_yourlife/yourlife_conflict.html

BarbaraMu: follow the simmer page link to “check this out” for how to stay cool with an acronym for anger that is helpful.

PamA: One student I work with will go into a meltdown if you take anything away from him. It could be anything.....SO.....we don't take anything away. We ask him to put it somewhere...bookbag, etc.

BarbaraMu: There are so many avenues to go when you are talking about anger - whether you go through classroom and school management, incorporate it from your schools conflict resolution or school violence plans, through your character ed program....

BarbaraMu: but when it comes to a child acting out in the classroom, as Pam has said, you can't always talk through the situation till they have calmed down and, with a classroom full of kids, your best bet is to reach out for additional assistance

BarbaraMu: Absolutely, whether it's teachers or parents, our kids are watching our responses and reactions

PamA: I love having angry students draw or write

BarbaraMu: A counselor can also take a child for a walk or out or into the gym or have them do something physical to change the energy that the classroom teacher cant do in the moment

PamA: Sometimes the child needs that break from the class

BarbaraMu: Malia- You will get a transcript with the urls of what we have looked at...from interactive sites for the kids to behavioral intervention sites to reactive attachment disorder sites for a specific discussion at the beginning of the discussion.

BarbaraMu: We are left with 15 minutes, does anyone else want to share what works, or ask any questions?

TatyanaC: So do teachers, and I think it's important to make every 20 minutes or so some movements with students. It helps children stay more focused and helps overall with attitudes and energy, and frustrations

PamA: One teacher I work with sees one child start to get "antsy" To her this means he needs a walk and she sends him with an empty envelope to my office. He is a messenger. This calms him down!

TylerR: I really like that idea...that would make them feel important as well

MatthewP: that is a good idea

BarbaraMu: There is a wonderful school wide effort in March that started about 5 years

ago called No Name Calling Week...This is the url for the pdf file for celebrating the week through lessons and activities. Since a lot of our angry outbursts come from teasing, it is a great resource and thing to plan in the calendar each year.

TatyanaC: Well, I also suggest to my teachers to introduce a few games one minute long, and kids will be picking each time, the "antsies" ones can be the leaders

BarbaraMu: no name calling week grades 5-8

BarbaraMu: http://www.nonamecallingweek.org/binary-data/NoNameCalling_ATTACHMENTS/file/85-1.pdf

PamA: Another teacher I work with has a child sweep the classroom when she feels he is getting upset. He loves it and it relaxes him

AmandaTr: Are rewards used at all when the students do things like that, such as sweeping the floor?

TylerR: What do you think about having them make their own stress balls at the beginning of the year and have them keep them in their desks and let them use it when they need it

PamA: No, they view the task as special or a reward of its own

BarbaraMu: I think that stress balls are incredibly important. Lots of our ADD kids, and again, sensory integration kids need them...

BarbaraMu: however, those are the first kids to have their balls burst

PamA: I love stress balls and have a basket of them in my office.....whole classes have borrowed them

MaliaH: I've suggested stress balls or mouse pads to tap on for several students over the years.... I have never found teachers open to these suggestions

BarbaraMu: Lots of the teachers will also use clay/play doh as a manipulative for calming

PamA: Teachers prefer stress balls to having kids break their pencils and pens from fidgeting

MaliaH: I could see play-dough with younger students, say K-2

BarbaraMu: and counselors, along with baskets of stress balls, will often have worry stones or smooth stones that are good for calming

MaliaH: I have had worry stones and worry dolls work for students

PamA: Don't forget music.....many classrooms have computers with earphones

BarbaraMu: so many of our kids are really tactile and it's an important intervention for them

TylerR: do you have to worry about worry stones being thrown if they are angry

AmandaTr: What would we use if we are looking more at high school students?

SeanMc: for the younger kids like grades 2-4 or 5 maybe giving them legos, or something the like to build something it may be just me but that always calmed me down

BarbaraMu: We are almost at 10- again, in the same way that we talked about getting the itchies out for these kids, we also need to teach the skills to get the angries out. There is a website dedicated to this. <http://www.angriesout.com/>

BJB2 wonders if Barbara has a topic for April 22?

PamA: Great chatting with you Barb and everyone!

BarbaraMu: We always tell the kids that anger is a natural feeling...it is one of the emotions we teach....the line that always follows is "Its what you do with your anger that makes it ok....or not"

PamA: Kids need to know everyone gets angry!

BarbaraMu: I don't have one specifically unless someone wants to suggest one. It is alcohol awareness month and so many drug prevention???

MaliaH: I agree with the choice of what to do with anger. I always emphasize that what you do must not hurt you, anyone else, or property.

BarbaraMu: Or maybe aspergers

BarbaraMu: we are seeing more and more of our kids coming in with that diagnosis.....

PamA: I would LOVE aspergers.....as a topic

MaliaH: I've had students who want to do puzzles in my room to cool down, one even liked my Rubik's Cube so much that I made a deal with him. He had to get one whole side completed and I would give him the cube. Didn't take long with a challenge.

MaliaH: Could we talk about retention, since the end of the year is approaching and it is a subject coming up again for many of my students?

BarbaraMu: I thank everyone for coming tonight and really appreciate the many suggestions from everyone. Hope that the web resources are helpful as well. Have a good night everyone.

BarbaraMu: See you next month.

BJB2 waves goodnight.

PamA: Thank you all

MatthewP: Yes thank you

ElizabetCB: thanks :) goodnight!

BarbaraMu: Malia, as the listservs resident expert on retention, we can have you as a guest speaker in May!

BJB2 smiles...excellent suggestion!

BarbaraMu: G'night all.