

MANAGING AGGRESSION AND VIOLENCE: COPING SKILLS RESOURCE

JUVENILE PROGRAM VERSION: This resource includes detailed lesson plans with suggested comments for session leaders, session openers from the “What do you think?” resource, and a supplemental set of Motivational Interviewing (MI) based lessons to increase motivation for mastery of needed skills.

MAV1	Introduction to Anger
MAV2	Introduction to Anger
MAV3	Why we need better communication skills
MAV4	Why we need better communication skills
MAV5	Becoming a better listener
MAV6	Becoming a better listener
MAV7	Becoming a better listener
MAV8	Becoming a better listener
MAV9	Learning to be assertive
MAV10	Learning to be assertive
MAV11	Learning to be assertive
MAV12	Where does your anger come from?
MAV13	Where does your anger come from?
MAV14	Before you get angry
MAV15	Where does your anger go?
MAV16	How to keep out of fights
MAV17	How to keep out of fights
MAV18	When you are accused of something
MAV19	When you are accused of something
MAV20	Handling provocations
MAV21	Handling provocations
MAV22	When someone else is angry at you
MAV23	Preparing yourself for a stressful conversation
MAV24	When you need to express a complaint

MAV25	Handling peer pressure
MAV26	Offering specific help
MAV27	When you have made a mistake/When others have made a mistake
MAV28	Assertion skills practice: broken record
MAV29	Assertion skills practice: fogging
MAV30	Protecting your boundaries
MAV31	Protecting your boundaries - part 2
MAV32	Conflict resolution practice
MAV33	Refusal skills #1 - when you can be totally honest with them
MAV34	Refusal skills #2
MAV35	Refusal skills #3
MAV36	Using your escape skills
MAV37	When you have set yourself up or embarrassed yourself by saying something
MAV38	When you have set yourself up or embarrassed yourself by doing something
MAV39	When you have not done well
MAV40	Adding balance to your life with new activities
MAV41	Introduction to stress management
MAV42	What is stress doing to you?
MAV43	How have you “coped” in the past?
MAV44	Coping skill - Slowing it down #1
MAV45	Coping skill - Warning yourself
MAV46	Breathing skill for relaxation
MAV47	Muscle Relaxation
MAV48	Coping skill - slowing it down #2
MAV49	Coping skills - the basic stop
MAV50	Having a backup plan