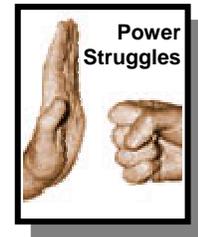




### ANGER MANAGEMENT/DE-ESCALATION TRAINING (AMD)

#### *Huan Ju, the Art of Blending*

This *Research Based* Training is designed to provide specific skills and general guidelines to school and other youth workers. Physical demonstrations, interactive exercises and sharing with others in the field serve to make the workshops dynamic and relevant. The manual that supports the training serves as a great resource but is not intended to act as a “self taught” lesson.



The principles of AMD *Huan Ju, the Art of Blending*, are used throughout the training. For some, this will be your first exposure to this discipline. The heart of *Huan Ju* is remaining goal focused and blending your energy with the student's energy to redirect it into a more desirable path. Winning is never the goal. In fact, *Huan Ju* teaches to stop corrective action the moment the student stops. Anger is viewed as an emotional escalator. Once it starts it will continue to escalate through a series of stages ending in violence. Similarly, once it is stopped or redirected, it will continue to de-escalate until order is restored. Like most Oriental forms, *Huan Ju* has a physical component; however, the *Art of Blending* starts with verbal and non-verbal communication. The goal of this training is to recognize the steps on the Anger Escalator and to apply techniques learned here to stop the anger process as early as possible.

Although most schools are safe, the violence that occurs in our neighborhoods and communities has found its way inside the schoolhouse door. However, understanding what leads to violence and the types of intervention that research has shown are effective in preventing violence, can make our schools safer.

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The following Abstract provides the basic outline of the training:

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### ABSTRACT

*According to the United States Center for Disease Control (CDC), violence in school and outside of school is on the increase. Uncontrolled anger is a precursor in most of the incidents. It follows, then, that managing the anger of students is a primary means of preventing violence in the classroom or on the campus.*

There are four phases or elements involved in Anger Management (AMD):

#### **I. Control**

First, you must control yourself before you can control the situation before you can control the antagonists. This section presents a practical lesson on stress management and avoiding burnout. These techniques will allow the teacher or youth worker to be in control of their own emotional state and thus better equipped to deal with the anger in students.

#### **II. Prevention**

It is far easier to keep anger from erupting than it is to control it once it breaks out. In this section participants will learn the process involved in anger expressed as negative behavior and methods that can be employed to interrupt that process. The teaching technique relies heavily on practical exercises.

#### **III. Intervention**

When all else fails and anger erupts, positive intervention is required in order to regain control rather than have it escalate into a serious incident. Practical de-escalation techniques are discussed and demonstrated both verbal and physical.

#### **IV. Correction**

This section discusses the application of corrective techniques which can be employed as deterrents to repeated disruptions. Practical examples are used to demonstrate logical and natural consequences. There is a discussion on the need for consistency and application of consequences as soon as possible after the unacceptable behavior. The goal is always to return to a safe and secure learning environment as soon as possible.

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