



Anger Management: A Practical Guide (David Fulton Books)

By Adrian Faupel, Elizabeth Herrick, Peter M. Sharp

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Do you work with angry children? Are you wondering why young people don't listen when they are angry? Are you exhausted from trying to understand angry behaviour?

Anger Management is a practical guide that will help you to stay calm in the face of angry outbursts from children and young people. Written by chartered psychologists with extensive experience in the field, this helpful book will:

- increase your understanding of anger
- offer you a range of practical management interventions
- help you to manage your own behaviours to build more effective relationships
- reduce the stress experienced by staff and parents who lack confidence in the face of aggressive behaviour.

With stress and anger levels amongst young people at an all time high, this second edition of *Anger Management* is particularly timely. It reflects the significant developments in the field of neuro-psychology and our understanding of the physiology of emotions. It also identifies the significant changes in legislation and guidance that have taken place in education and health and social care over the last decade and explores the implications of these changes for practitioners.

Containing information, explanations and practical advice that will enable you to cope with angry behaviour in the best way possible, as well as a range of helpful photocopiable resources, this book will prove invaluable to teachers as well as parents, carers, psychologists, social workers and health care workers.

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Editorial Review

Review

'The book does precisely what it says in the title - there are lots of practical ideas you can use immediately for working with children who have difficulties managing anger...Have used this in INSET and teachers said they learned something about themselves too! There is just the right amount of theory, which allows the reader to fully understand responses in inappropriate behaviour rather than applying quick fix strategies which have only a short term effect...In my view this is an absolute must for all primary and secondary teachers/SENCos- buy this and you may find yourself ditching those star charts forever!!' - *Customer Review, Amazon*

About the Author

Adrian Faupel is Professional and Academic Tutor to the Doctorate in Educational Psychology at the University of Southampton, UK.

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Peter Sharp is Chief Executive at the Centre for Workforce Intelligence (Department of Health) and Director of Learning and Wellbeing at Mouchel Management and Consulting, UK.

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