



Exploring Feelings: Anger: Cognitive Behaviour Therapy to Manage Anger

By Tony Attwood

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Winner of a 2008 Teachers' Choice Award! Many children, especially those with developmental delays, have trouble understanding or expressing their feelings. The result can be difficulty with anger management. Listing possible responses to situations - and the likely outcome of each one - allows the child to make informed decisions about which responses to choose (walking away vs. hitting). This book provides a guide for caregivers and then the workbook portion asks children to identify situations that trigger their anger and find appropriate ways to respond.

Helpful topics include:

- Overview of the Exploring Feelings Program
- Introduction to Cognitive Behaviour Therapy
- Modifications to Conventional Cognitive Behaviour Therapy
- Affective Education
- Cognitive Restructuring
- Comic Strip Conversations
- The Emotional Toolbox
- Additional Tools for the Toolbox
- Social Stories
- Research Evidence on the Effectiveness of Exploring Feelings

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Editorial Review

About the Author

A clinical psychologist from Brisbane, Australia, Dr. Tony Attwood has over thirty years of experience with individuals with autism, Asperger's Syndrome, and Pervasive Developmental Disorder (PDD). He has worked with several thousand individuals, from infants to octogenarians, from profoundly disabled persons to university professors. Dr. Attwood works in private practice in Brisbane, but is also adjunct professor at Griffith University, Queensland. He presents workshops and training courses for parents, professionals, and individuals with autism all over the world. In addition, he is a prolific author of scientific papers and books. His books and videos on Asperger's Syndrome and high-functioning autism are recognized as the best offerings in the field. Over 300,000 of his book *Asperger's Syndrome: A Guide for Parents and Professionals* have been sold, and it has been translated into twenty languages.

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