



# Handbook of Anger Management and Domestic Violence Offender Treatment

By Ron Potter-Efron



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Ronald T. Potter-Efron consciously connects anger management and domestic violence, two long separated fields, and addresses treatment options and intervention methods that meet the needs of individual clients, couples, families, and groups. Therapists, counselors, social workers, and other treatment specialists will find this book a useful overview and reference for anger and anger management techniques as well as domestic violence approaches.

This new edition is split into four distinct sections:

- A description of anger and domestic violence focused upon helping clients use the principles of neuroplasticity to dramatically alter their behavior
- Assessment for anger problems and/or domestic violence
- Group treatment for individuals with anger problems and/or domestic violence
- Individual, couples, and family treatment of these concerns.

Woven through this book is a fair and balanced treatment of gender issues, reflected in the diversity of case examples that address jealousy, chronic anger, behavioral problems, group and individual counseling, and more. Readers are also shown how anger develops and can lead to verbal and physical outbursts, the five types of rage reactions, and how to treat anger turned inward. Potter-Efron also details four different approaches to treating anger: behavioral, cognitive, affective, and existential/spiritual. Mental health professionals are provided numerous questionnaires and worksheets to utilize with their clients. *Handbook of Anger Management and Domestic Violence Offender Treatment* is an essential guidebook that illustrates effective theory and practice.

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## Handbook of Anger Management and Domestic Violence Offender Treatment By Ron Potter-Efron Bibliography

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### Editorial Review

Review

**"Dr. Potter-Efron's groundbreaking book is brilliant. The integration of Domestic Violence and Anger Management treatment with an emphasis on safety while also providing anger management skills and techniques has been a long time coming. This book provides a map to significantly improve the very poor outcomes of older Domestic Violence treatment models. The National Anger Management Association (NAMA) wholeheartedly endorses this extremely helpful handbook."--Rich Pfeiffer, MDiv, PhD, President, Board of Directors, NAMA; Co-Director, Growth Central**

"Ron Potter-Efron has done a masterful job in writing an intelligent, balanced, and wise exploration of the origins and treatment of dysfunctional anger. It is a must-read for anyone desiring a deeper understanding of anger, rage, and violent behavior. Highly recommended." --Lou Cozolino, PhD, Professor of Psychology, Pepperdine University; Author, **The Neuroscience of Psychotherapy: Healing the Social Brain**

"*Handbook of Anger Management and Domestic Violence Offender Treatment* represents a major advance in the treatment of individuals and families affected by high conflict, abuse, and physical violence. The author has a sophisticated understanding of these problems – their varied manifestations, causes, and consequences. Eschewing gender-based paradigms and false perpetrator/victim dichotomies, Potter-Efron instead offers interventions that are both gender-inclusive and systemic, based on cutting-edge social science research. Overall, this is one of the two or three best books ever written on family violence treatment." --John Hamel, LCS; Editor-In-Chief, **Partner Abuse; Author, Gender-Inclusive Treatment of Intimate Partner Abuse, 2<sup>nd</sup> Edition: Evidence-Based Approaches**

About the Author

**Ronald T. Potter-Efron**, MSW, PhD, is Director of the Anger Management and Domestic Violence Center at First Things First Counseling in Eau Claire, Wisconsin. He is author of over fifteen books on anger management and related topics. His books for the general public include *Angry All the Time* (2005) and *Healing the Angry Brain* (2012).

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