



# CHANGING THE LENS



## A UNIQUE APPROACH TO ANGER MANAGEMENT



### THE APPROACH

Anger, especially when uncontrolled or socially inappropriate, can be a destructive force that can cause harm to the individual and his family. This five session program is designed to help people who have life difficulties with regulating this troublesome emotion. The program begins with an individualized assessment to isolate the person's distinct style so he can understand his particular triggers and typical ways of maladaptive expression. Then we help him identify his particular "anger thumbprint" and find new ways of controlling and directing those feelings. The program focuses on four key areas:

**The Release Mechanism:** There are several types of anger styles and we all have different ways of expressing that emotion. Some people are chronically angry, some passive aggressive, some are compliant and quiet until that last straw that "breaks the camel's back". Through interviews and psychological testing we identify each individual's style and his level of awareness of what he does when he does it.

**The Insult:** Angry outbursts usually begin with a sense of injustice or insult. Some people feel they have been rendered invisible or inaudible and feel they have to scream louder to really be heard. Other people collect injustices. Still others take the insult as an opportunity to "correct" an errant spouse. Our focus is on helping the individual better understand typical ways of misperceiving the insults that trigger the angry reaction.

**The Hidden Story:** People who have problems with anger are often living out a hidden story. Like a play or a movie, this story can have a complex and involved plot. It has its heroes and villains where the angry person and her target dance a kind of "anger duet" that often repeats itself in different forms. For example, the "hero" of the story may scream ever louder at the "villain" who can't seem to hear. Or the all-knowing, righteous "hero" has to instruct the foolish clueless "villain". When we see our target in only one way, we unknowingly get pulled into this dance. Our program helps the individual see those duets in his or her life and understand the hidden assumptions that drive them.

**Changing the Lens:** When you know how you typically discharge your emotions, you understand your imagined and real insults, and can see the hidden story behind your anger, you can understand your personal "anger thumbprint". The last step is to change the lens, to find new ways of dealing with and expressing angry feelings. The goal is not so much to suppress anger as it is to find better modes of expression that are constructive, direct and to the point. As the individual comes to understand what they feel and what they really need, we provide a new language and new techniques to direct their emotions and to get what they need.

## THE PROGRAM

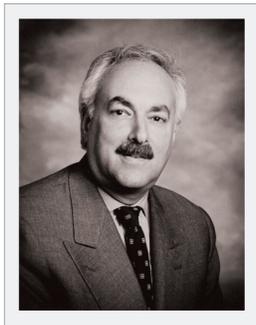
**The Assessment:** The program begins with clinical interviewing and psychological testing to determine the origins of the problem behavior. The individual will receive feedback about 'triggers', misperceptions and their hidden story. This information will provide a kind of road map that will guide them through the entire program. The assessment will also help determine:

- The risk for break-through behaviors
- The threat level to others
- The individual's psychological resilience and potential for improvement

**Individual Meetings:** With the results and the feedback from the assessment, sessions will focus on each member's anger thumbprint to help identify their personality style, typical triggers and how their personal "hidden story" plays out in real life. Examples from the member's life and interactions will be identified so as to help to find new ways of reacting. There will be one evaluation session and four intervention sessions. The fee for the entire program is \$1,500. Each session runs an hour and a half.

**Individualized Program:** An individualized one on one program is also available to those who request it and would qualify. More information is available on request.

## THE FACILITATORS



**Steven Dranoff, Ph.D.** is a licensed psychologist and psychoanalyst with over 35 years of experience as a clinician, consultant, educator, researcher and author. He has conducted psychological assessments and evaluations at the request of the New Jersey Medical Board of Examiners, major law firms, insurance companies, colleges and universities for individuals who have been accused of harassment and other forms of aggressive behavior and has reported his results to the Daubert court. Dr. Dranoff is the co-founder of the Contemporary Center for Advanced Psychoanalytic Studies at Fairleigh Dickinson University and currently is a member of the faculty of the Center for Psychotherapy and Psychoanalysis of New Jersey.



**Erik Dranoff, Ph.D.** is a licensed psychologist in New Jersey and New York. He earned his doctorate in Clinical Psychology at Fairleigh Dickinson University. He also completed a postdoctoral fellowship at the Northern Regional Diagnostic Center for child abuse and neglect at Hackensack Medical Center where he developed a specialization in forensic mental health assessment. As part of his postdoctoral training he earned a certificate in family-civil and criminal forensic psychology at Montclair State University. His clinical practice is focused in the areas of psychological, neuropsychological and forensic evaluation for children, adolescents and adults.

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