



The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



COLLECTION OF ANGER MANAGEMENT INTERVENTION PROGRAMS FOR TEENS

TOOL: Prevention | Intervention

TARGET AUDIENCE: Teens

TOOL INTENDED FOR: Professionals

DESIGN

Jeanne Lagacé-Leblanc
Line Massé
Claudia Verret



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– Details: Teachers, psychoeducators, special education technicians, psychologists.

TARGET AUDIENCE:

– Teens who have difficulty managing their frustration and anger, particularly teens who are stressed, impulsive, inattentive, hyperactive, oppositional, aggressive or those with autism spectrum disorder.

NEEDS AND BEHAVIOURAL MANIFESTATIONS

– Difficulty managing frustration or anger.

SPECIFIC GOALS

– To provide professionals with suggestions for prevention and intervention programs that can be used to develop frustration and anger emotional regulation skills in teens.

DESIGN

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Claudia Verret (Full Professor) – Université du Québec à Montréal

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Cassada Lohmann, R. (2011). *Journal pour gérer ma colère : des activités pour modifier les comportements colériques et déplacés*. La boîte à livres. (10-15 years old)

Gagnon, A.-J. & Roy, S. (2015). *DOMINOS – Gestion de la colère et des conflits au secondaire*. L'Avenue, justice, alternative. (13-18 years old)

