Treatments for Anger in Specific Populations

Theory, Application, and Outcome

Edited by Ephrem Fernandez

Anger management has become a popular subject of self-help and entertainment, but until now no book has brought together the diversity and complexity of therapies used to treat anger in different populations.

Treatments for Anger in Specific Populations informs and instructs readers on empirically based regulation of anger in several clinical contexts including substance abuse, PTSD, the intellectually disabled, and borderline personality disorder. Chapters are devoted to developmentally, culturally, and gender-appropriate treatments of anger. An introductory chapter by the volume editor conceptualizes dysfunctional anger and offers a rationale for tailoring anger treatments to specific populations. In subsequent chapters, experts cover theory and research on the population and treatment of interest, findings on treatment efficacy, clinical procedure with reference to case vignettes, and emerging therapies. A concluding chapter identifies what is common and unique across anger treatments. This volume will be a valuable resource for clinicians, scholars, students, and researchers interested in anger.

Ephrem Fernandez, PhD, is a professor, consultant, and practitioner of psychology, with over 70 publications and a hundred presentations on anger and related topics.

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