



Anger Management in Schools: Alternatives to Student Violence

Jerry Wilde

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Anger can be directly linked to violence, health problems, and interpersonal difficulty. It is imperative that we teach children to control their anger. Using the Rational Emotive Behavior Therapy (REBT) model, Wilde shows how teachers and counselors can encourage students to acknowledge and change feelings that are causing problems in their lives. Helping students learn not to become angry will directly or indirectly benefit all those who are involved in the education of our children.

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