

Anger Event Stages

Engagement stage

- Our physical & affective reaction (fight-flight-freeze) to client's anger

Containment stage

- Management of the our initial physical/affective reaction

Safety stage: (maintained throughout the event)

- Identifying & responding to risk of harm

De-escalation stage

- Applying our interviewing and anger management skills

Resolution stage

- Helping the client to identify goals
- Facilitating a constructive plan of action

Post-event stage

- After Action Review
- Documenting
- Cognitively and effectively letting go of the event