

Program Information

The HEAT Program is an 8 week anger management program for young people aged 12-18 years old.

The program is an early intervention, strengths based, solution focused program that incorporates Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Music Therapy, and Mindfulness.

It aims to help adolescents improve their emotion regulation skills, self awareness, communication skills, conflict resolution skills, values and moral development, and learn healthy ways of expressing their emotions, in particular, anger.

The program has three main components: arousal management (identifying how anger is triggered), cognitive restructuring (changing thinking & analysis strategies), and pro-social skills training (teaching alternative responses using a values-based approach).

A general focus on interpersonal problem solving and assertive communication is expected to replace aggressive behaviors with pro-social behaviors and to prevent automatic aggressive responses.



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The HEAT Program

Healthy Expressions of Anger for Teens



Program Outline

SESSION ONE: What is Anger?

What is Anger? – A Normal Guided Emotional Response.

Expectations – why do we get angry?

The Weight of Anger – explore the negative impact of holding onto anger.

Physiological Signs of Anger – identify the physical cues that signal the feeling of anger.

Story - the moral of this week's story is: there will be consequences if we feed off our anger.

HEAT Scale – to track weekly progress and set goals.

HEAT Challenge – during the week, participants are asked to recognize their physiological signs of anger.

SESSION TWO: The Heat Cycle

The 4 Faces of Anger – explore the different expressions of anger - passive, aggressive, passive-aggressive and assertive.

The Cycle of Anger – Activate, Attitude, Anger, Aftermath, Alternatives.

Background Noise – explore the impact our self talk has on our emotions and actions.

Alternatives – getting off the cycle of anger and learning healthy alternatives.

Story – the moral of this week's story is: the power of self talk and core beliefs.

HEAT Challenge – during the week, participants are asked to recognize the anger cycle.

SESSION THREE: Staying Cool Under Fire

Back to Back – explore the importance of non verbal communication.

“I messages” – learn how to use assertive communication.

Staying Cool Under Fire – learn how to negotiate and use proactive conflict resolution skills.

Moral Dilemmas – implementing negotiation, conflict resolution, and moral judgement to achieve a win-win outcome.

Story – the moral of this week's story is: the impact of judgement - everyone has a past and a story.

HEAT Challenge – during the week, participants are asked to practice using “I messages”.

SESSION FOUR: Heat Your Heart

Heat Your Strengths – identify personal strengths and qualities.

Heat Your Values – explore values and morals.

Masculinity – challenge stereotypes.

Vision Boards – how to use your values to guide you in life.

Goal Setting – learn how to set achievable goals using the SMART goals approach.

Story – the moral of this week's story is: the power of perception – using “weaknesses” as “strengths”.

HEAT Challenge – during the week, participants are asked to take values driven action towards achieving their SMART goal.

SESSION FIVE: Transforming Your Heat

What is Guilt? – increase emotional awareness.

Ignoring Guilt – explore the impact of withdrawal and avoidance.

The Weight of Guilt – explore unresolved guilt.

Making Amends – learn healthy expressions of guilt, empathy and how to apologize.

Sensory Experience – participants are guided through a sensory experience.

Story – the moral of this week's story is: some actions can not be undone.

HEAT Challenge – during the week, participants are asked to “pay it forward” and practice making amends.

SESSION SIX: Tune Your Mood

Tune Your Mood - introduction to music therapy.

Find Your Beat – explore the impact of music on mental health.

The Rhythm of Life – increase emotional awareness.

Play Your Anger – encourage self expression and taking responsibility.

Story – the famous and inspiring story of Nathaniel Ayers.

HEAT Challenge – during the week, participants are asked to come up with a “theme song” for one of their most proud moments in their life.

SESSION SEVEN: Heat Your Health

The 5 S's – explore the impact of sleep, stress, substances, sustenance, and sickness on mental health.

Teeth Game – highlight the importance of hobbies and extracurricular activities.

Exercise Circuit – experience the benefits of exercise.

Mood Food – learn how to make healthy smoothies.

Mindfulness – centering exercise using deep breathing and progressive muscle relaxation.

Story – the moral of this week's story is: follow your heart!

HEAT Challenge – during the week, participants are asked to think of an activity they enjoy doing, and present this to the group next week.

SESSION Eight: Conclusion

Revision of the past 7 weeks.

Story – the moral of this week's story is: there is no substitute for hard work.

HEAT Scale – where am I this week? Have I reached my goal rating?

HEAT Challenge – practice, practice, practice!

Congratulations! – hand out awards and celebrate the completion of the program.