



**Minimum of 40 hours must be completed  
for compliance with Arkansas State Board  
of Nursing disciplinary requirements**

# Anger Management Class 31-40 Hour

This anger management program is designed for those who are required to take 31-40 hours of anger management. If you chose this program, your certificate will state that you have completed 40 hours of anger management. You will have up to 3 months to complete this program, however, after 3 months you can extend your membership for a fee. Once you receive your certificate, your participation is complete.

Everything you need to take the program is on this site. There are no extra hidden charges or books to buy. Once you register for this program, you will be able to access the Discussion Board to get your assignments and download the eBook. Assignments will include:

- You will take a comprehensive exam. If you do not pass the first time, you can re-read the material and try the exam again.
- You will answer questions assigned for each chapter. Once you have completed all required assignments I will personally prepare your certificate of completion and send it to you via email download.
- **FREE progress reports** are available at your request.
- **FREE proof of enrollment** if needed.
- **FREE certificate of completion** when you have completed the entire program.
- **Email support** is available.
- An open Chatroom is available to mix and mingle with other students

<http://angermanagementonline.com/40hourclass.html>

The website at [www.AngerManagementOnline.com](http://www.AngerManagementOnline.com) is a distance-learning environment that teaches:

- Admitting and accepting responsibility for behavior.
- Determining the root of anger causing emotions.
- Quickly recognize anger and other emotions leading to anger expression. .
- Recognize old patterns of undesirable behavior.
- Identification of provocative emotions other than anger.
- Identify and change unhealthy coping styles.
- Ineffective patterns of communication (passive, passive-aggressive, aggressive).
- Assertive Communication..
- Boundaries.
- Resolving conflict in a productive manner.
- Relaxation techniques and time outs.
- Positive self-talk.
- Commitment to healthy behavioral change.
- Living in positive solutions.
- Self-awareness.
- Thought stopping techniques.
- Paying attention to the negative inner critic.
- Patterns of negative self-talk.
- Patterns of negative thinking (filtering, black and white, over generalizing, mind reading)
- Physical activity to release energy.
- Road Rage.
- Living in solution.

The website offers hundreds of pages of content in the form of ebooks, articles, discussion boards and chatrooms.