

Learning More About Anger



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by Jan Stewart, M.Ed.

Stars Learning More About Anger

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The Emotion Regulation Skills System for Cognitively Challenged Clients Julie F. Brown,2015-12-07 Informed by the principles and practices of dialectical behavior therapy DBT this book presents skills training guidelines specifically designed for participants with cognitive challenges Clinicians learn how to teach core emotion regulation and adaptive coping skills in a framework that promotes motivation and mastery for all learners and that helps clients apply what they have learned in daily life The book features ideas for scaffolding learning a sample 12 week group curriculum that can also be used in individual skills training and numerous practical tools including 150 reproducible handouts and worksheets The large size format facilitates photocopying Purchasers also get access to a Web page where they can download and print the reproducible materials [Everyday Beliefs about Emotion: Their Role in Subjective Experience, Emotion as an Interpersonal Process, and Emotion Theory](#) Stephanie A. Shields, Eric A. Wall, Yochi Cohen-Charash, 2020-12-30 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential

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Diversity and inclusion are vital practices in today's educational environments both online and in person Implementing inclusive practices to support student development is critical to ensure they receive the best possible education and feel comfortable in the classroom With the current shift to online teaching and learning it is especially important to consider how diversity and equity are promoted in these new technological spaces Advancing DEI and Creating Inclusive Environments in the Online Space considers the process of creating a caring and inclusive teaching and learning environment in online postsecondary institutions by addressing key issues such as creating sites of collaboration and engagement ensuring and proactively delivering resources and student support and developing hallmarks of inclusivity to support online course design and faculty development Covering a range of topics such as strategic planning social change and assessment this reference work is ideal for administrators higher education faculty researchers scholars practitioners academicians instructors and students Learning about Anger Jan Stewart, 2004 This interactive workbook on anger offers teachers and counselors specific easy to use strategies for approaching this difficult but important issue in the lives of middle school students

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