

Anger management training for violent offenders

Situation	Processes/factors contributing to violence	Things to target through therapy
<p>Jim describes how he came to commit a violent assault in a bar. "The pub was pretty full and this idiot walked into me as I came back from the bar and spilled my drink. I said to him, 'Watch what you're doing' and he was like 'Yeah mate, whatever', like he thought I was just nothing. I walked away but I couldn't stop going over what he'd said in my head and I could see his face, like he was laughing at me. Next think I knew I'd gone over to him and picked up a glass and stuck it in his face. He wasn't laughing then.</p>		
<p>Mark has been convicted of criminal damage in a shop. "I'd gone in to sort out a problem with my phone. They'd cut me off even though I was paid up to date. This woman behind the counter just kept saying there was no record of the payment and I kept saying there had to be because I'd paid it and I could tell she wasn't interested but I need my phone for my work so I started shouting that she had to sort it out and then she said I had to leave or she'd call the police and then a sort of red mist came down and I just started smashing the place up.</p>		

