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| **Q) Briefly outline the processes involved with anger management (up to 6 marks)****Q) Outline and evaluate ways to manage anger in prisons (8/16 marks)****Q) Compare and contract behaviour modification and anger management techniques in reducing undesirable behaviour in prisons (16 marks)** |
| **AO1 (AO2 if need to apply to text) (up to 6 marks)****Statistics** There were 33,803 attacks by prisoners in the year to the end of September 2018 - 20% up on the previous year. The figures include a record 10,085 assaults on prison staff - up 29%.AO1 (or AO2 if need to apply) Anger management based on Cognitive Behavioural Therapy (See Ellis ABCDE model) Specifically – Anger Management follows these basic stages:-**Cognitive Preparation:****Skills Acquisition:****Application Practice:** |
| **AO3** (8/16 marks): **P)** Unlike behaviour modification, anger management tries to tackle one of the causes of offending.**E)****E)****L)** Therefore, we can conclude that Anger Management should be more beneficial and lead to real change in the thoughts and behaviour of prisoners, reducing violent attacks |
| **AO3** (8/16 marks) **P)** Recent research has shown that changing aspects of the prison and interactions with staff have a better outcome for reducing undesirable behavior than BM and AM**E)** Five minute interventions – **E)** Procedural Justice – **L)** Therefore, psychologists could encourage these changes and training of staff to reduce violence, and not replie on expensive therapy that prisoners may not be motivated to take seriously. |
| **AO3** (16 marks)**P)** Practicing the skills in a role-play situation could be argued to be very different to a real life situation.**E)****E)****L)** This ultimately limits the effectiveness of the treatment programme. So other techniques maybe more worthwhile |
| **AO3 (optional)** – Add any further evaluation on Anger Management (positive, holistic approach for example) |