

Cayuga Prison  
AVP Advanced Special Topic on Anger  
03.22-24.13

facilitators:

Session 1. 3:30pm – 8:30pm  
Theme: Introduction and Community Building

Welcome  
team Team intro  
team Opening talk  
    Goals of this workshop  
    How AVP works  
    Schedule  
    Housekeeping  
    Buzz Word  
    Ground Rules  
    Unanswered questions, Clinics  
Agenda Preview  
Gathering: My name and why I want to take this workshop is...  
Ex: Adjective Name Game w/ gesture  
L&L: Big Wind Blows  
Break  
Ex: Concentric Circles  
    The way anger was handled in my family was...  
    A time my anger got me into trouble was...  
    A way I have used my anger constructively is...  
    A childhood experience when I felt hurt was...  
    A childhood experience where I felt acknowledged and affirmed  
    is..  
dinner  
  
L+L: Earthquake  
Guided Visualization One—Walk on the beach from the Carefronting  
Exercise  
Brainstorm Feelings about Anger (Post signs: Good Bad Neutral)  
Evaluation Session 1  
Closing: Texas Hug with a twist

Session 2. 8:30pm – 12:00pm  
Theme: Awareness of Anger

Agenda Preview

Gathering: A time my anger had serious consequences for me was...

Ex: Getting in Touch: Anger

L+L: Listening to the Universe

Break

Anger Thermometer Talk

Your Brain on Anger Talk

L+L: WBLS The quiet storm

Lunch

Session 3. 12:30pm-4:00pm  
Theme: Sources of Anger

Agenda preview

Gathering: Something that really upsets me is...

Ex: Buttons

L+L: Stop the Music

Break

Brainstorm: Roots of Anger

Team Sources of Anger Talk

Stressor and Trigger Thoughts

Basic Needs

Anger comes from

Dynamics of anger

Ex: Basic Human Rights

Closing: Rain Storm

Session 4. 8:30am – 12:00pm

Theme: Response to my own anger and dealing with other people's anger

Agenda Preview

Gathering: A way I deal with other people's anger is...

Evaluation Sessions 2 + 3

Anger Iceberg Talk

Stress Level Talk

Whip: A way I lower my stress level is...

Break

Ex: Listening to a Conflict

L+L: Stand Up

Ex: Addiction to Grudges

Session 5. 12:30pm – 4:00pm  
Theme: Forgiveness and Closure

Agenda preview

Gathering: Something I've been able to let go of is...

Anatomy of an Apology

Break

Ex: Whispered Affirmations

Team Graduation

Where do we go from here?

Closing: Yarn web