



### Emotional disturbance and anger control

How to help teens express their emotions, understand their feelings, and find techniques to control them

This workshop includes :

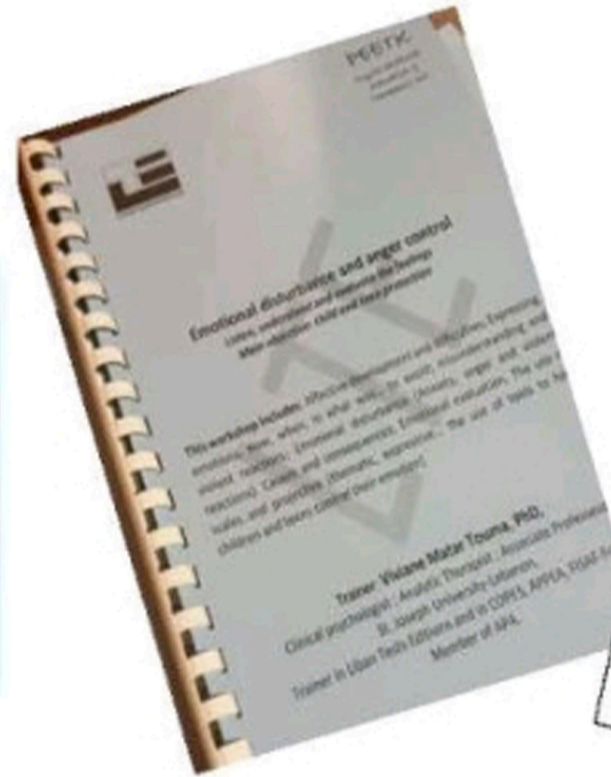
- General information about teens affective development, difficulties in understanding and expressing feelings, type of personalities...
- Expressing emotions. How, when, in what way... to avoid misunderstanding and violent reactions.
- Emotional disturbance. Causes and consequences.
- Anxiety and Anger. Violent reactions (verbal and non-verbal), angry thoughts, impulsivity, ...

Material provided:

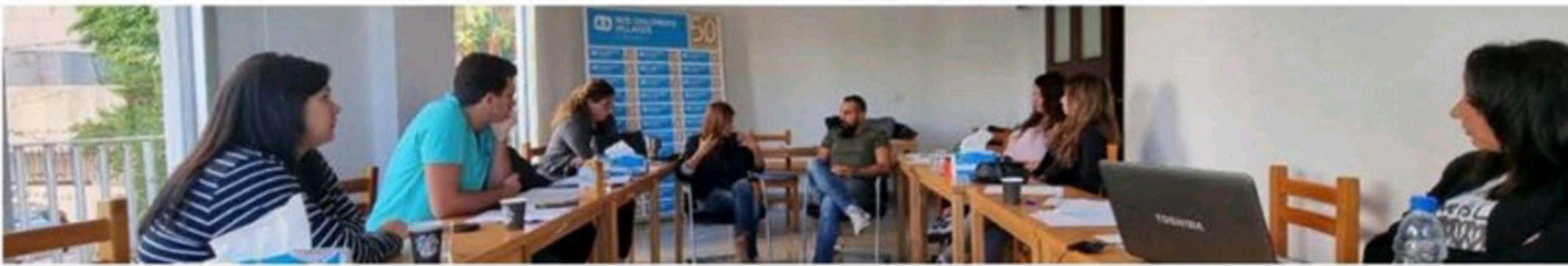
- Therapist guide
- Behavior checklist
- Sample of :
  - Depression Scale (MDI-C)
  - Anxiety scale (R-CMAS)
  - Disturbance scale (scales for assessing emotional disturbance-2)

Trainer:

Viviane Matar Touma, PhD, Clinical psychologist an analytic therapist



Workshop conducted on the 28<sup>th</sup> of October & the 4<sup>th</sup> of November 2022 by Pr. Viviane MATAR TOUMA, clinical Psychologist. Population : SOS villages, Professional Team.



### ROLE PLAY- EMOTIONAL DISTURBANCE

