

# Cognitive therapy assignment

Psychology



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Cognitive therapy is an effective tool in treating anger issues in young children, especially teens and adolescents. Cognitive therapy has been used by counselors for many years, and has been proven to be quite effective in the management of teen anger issues. Different methods and techniques have been used for different individuals suffering from anger issues. The specific method used depends on the severity of the anger, and on what works best because each individual will react differently to certain types of treatment.

This type of therapy involves the ability for one to change their irrational thought processes into more rational and healthier thoughts. Cognitive therapy also allows teens to cope with their anger in a healthier way. It is especially important to help teens control his or her anger because teenagers can be very rebellious and stubborn in changing their ways (Hall, 2012). Anger management can be counterproductive for any individual. It can cause problems with relationships, employment, or during social events. Cognitive therapy teaches teens ways in which this type of unhealthy anger can be channeled properly (Hall, 2012).

Counselors have found that cognitive therapy is extremely effective in reading teenagers with anger problems. Cognitive therapy is especially necessary in situations in which the teen can have a severe and sudden outburst. These types of scenarios can cause teens to bring harm to themselves or others, and should never be taken too lightly. When anger is noticed in adolescents, it is a necessity that such issues be dealt with at a very young age. If the child is left untreated for too long, serious damage can occur later on in that individual's life.

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These types of programs have been proven to change the behavior and the way information is processed for the teen. It shows them a new way to cope with their anger and to change their ways of behaving. Of course these are just some techniques and tools used for anger management in teens. Anger management uses different ways of controlling and managing anger to avoid rash behavior. Teenage anger should not be ignored it can lead to violence, substance abuse, or participation in high-risk behavior. An example is a teenage multiple offender with road rage is ordered by a Judge to attend anger management classes.

This tool helps teenagers to identify their triggers, warning signs, and ways to diffuse their anger effectively, before they react. It helps reduce stress, anxiety, and antisocial behaviors. An important skill for teenagers to cultivate is healthy anger management. Anger is normal, and we must deal with it in an appropriate way. Anger management skills are stress management techniques, communication, and problem-solving skills. Techniques of anger management require practice but becomes like second nature with repetition.

It is acceptable to just leave the situation that may make the teenager angry. It can be best for them to give themselves time to cool down. It is important for the teenager to give creative expression to defuse the emotion. They can write down what they feel and be honest about their feeling and what made them angry. The writing should be private and not read by anyone. It is important for the teenager to get the feelings out instead of bottling them up inside. Playing calm music can be relaxing to some as well and help settle the anger.

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A walk, jog, or work out can help a teenager channel their anger. This helps to reduce a person's emotional tension. Exercise helps endorphins neuron chemicals that help calm and relax them. This allows them to constructively deal with the situation that angers them. The teenager must recognize the emotion and sensations that come with anger to allow them to manage and prevent the anger from turning into rage. The signs are a racing heartbeat and muscle tension. Knowing the signals that trigger the anger can help the teenager constructively deal with the anger.

Relaxation is a good technique to use. The five steps that teenagers need to learn are to identify the source of the anger, identify three possible solutions, identify possible consequences, choose their response, and analyze the reaction after the situation is over. The teenagers can use the games found in "104 Activities That Build", by Author Alan Jones. They help build on self-esteem and hide anger and fears. If teenagers manage their stress and anger it lowers their risk for eating disorders, depression, heart disease, high blood pressure, and substance abuse.

The most critical years for a child's development are his or her teenage years. Children are observing the surroundings and making mistakes to learn new experiences. What the child is exposed to challenges that are pleasant and unpleasant and the way the child learns to deal with them is what molds his or her personality (Crawl, 2009). When that child becomes a teenager, when he or she is exposed to an upsetting or unpleasant situation, the teen often lashes out. When these situations escalate, the situation may become unmanageable, and this is the time to seek professional help for the teen.

Learning to control anger and take positive steps to control impulsive behavior can be accomplished through counseling. Counseling helps empower teenagers how to react in a stressful situation and retain this information well into adult life (Crawl, 2009). The teenager is taught through counseling to evaluate every situation before making a decision that may prove to be damaging. Crawl (2009), " There are various methods for anger management among teenagers, but the end result is what really matters" (Para. 3).

Many teens find it easier to express his or her feelings freely and is not afraid to hear what the counselor has to say. The counseling sessions will encourage teens to make slow but steady changes. The teen believe that the therapist provides a supportive environment and the therapist cares what will happen to him or her, so the teen will feel relaxed enough to want to change. There are many effective techniques to help teenagers deal with pressure; cognitive hereby has been proven to work more effectively than others.