



Parents' anger management: The PAMP Programme

Gerry Heery

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Addressing parenting and anger management, this accessible, experiential and creative programme, composed of eight two-hour sessions, helps parents to think about and learn to manage their anger better. Acknowledging that almost all parents have at least some difficulties with anger, PAMP is suitable for social work, counselling, mental health, justice and community work. It provides guidance on: conducting sessions; the values and knowledge base; the support, quality assurance, monitoring and evaluation that are essential to PAMP's positive, ethical and effective use.

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