



ANGER MANAGEMENT/DE-ESCALATION TRAINING (AMD)

Huan Ju, the Art of Redirection

This *Research Based* Training is designed to provide specific skills and general guidelines to school and other youth workers. Physical demonstrations, interactive exercises and sharing with others in the field serve to make the workshops dynamic and relevant.



The principles of AMD - *the Art of Redirection*, are used throughout the training. For some, this will be your first exposure to this discipline. The heart of AMD is remaining goal focused and blending your energy with the student's energy to redirect it into a more desirable path before physical means are needed. Winning is never the goal. In fact, AMD teaches to stop corrective action the moment the student stops. Anger is viewed as an emotional escalator. Once it starts it will continue to escalate through a series of stages that may end in violence. Similarly, once it is stopped or redirected, it will continue to de-escalate until order is restored. Like most disciplines, AMD has a physical component; however, the *Art of Redirection* starts with verbal and non-verbal communication. The goal of this training is to recognize the steps on the Anger Escalator and to apply techniques learned here to stop the anger process as early as possible.



Click Picture to review Guide - Free w/Training

Topic Areas and Handouts Include:

- Behavioral Responses
- Anger Response Process
- Core Belief System
- Redirection
- Anger Interruption Method
- Humor & Self Talk
- Power Struggles
- Reality vs. Perception
- How to Break Up A Fight
- Personal Space
- Measure Your Anger Checklist
- Problem Solving
- Managing An Escalating/Hostage Situation
- Punishment vs. Consequences ● and much more...

Click Here for FREE Details!