

## Course Description

New course was added in late fall of 2025. Approved by SC Probation, Parole and Pardon Services to help individuals understand, manage, and express anger in healthier, more constructive ways. This course is led by Michael Arnold, certified facilitator.

**Criminogenic Needs Addressed:** Thinking, Impulsivity/Anger, Emotional/Personal Stability, Problem Solving, Decision-Making, Antisocial Attitudes, Responsivity.

### **Impulsivity / Anger**

Difficulty controlling emotions, reactions, or behaviors, often resulting in acting without thinking, aggressive responses, poor judgment, or anger-related conflicts.

### **Emotional / Personal Stability**

The ability to manage emotions, stress, trauma, relationships, and personal responsibilities in healthy and productive ways that support stability and positive behavior.

### **Problem Solving**

The ability to identify challenges, evaluate possible solutions, and make constructive decisions that resolve issues responsibly and effectively.

### **Decision-Making**

The process of considering options, understanding consequences, and making responsible choices that support positive personal, educational, employment, and social outcomes.

### **Antisocial Attitudes**

Negative beliefs, values, or behaviors that oppose social norms, lawful behavior, authority, cooperation, or personal responsibility.

### **Responsivity**

An individual's willingness and ability to engage in learning, interventions, counseling, instruction, or behavioral change efforts in a productive and meaningful way.