

Intervention: Relaxation Training

Definition:

Teach children to begin to relax by monitoring muscle tension created by stressful situations and events.

Basic Elements of Relaxation Training:

1. Identify emotional triggers and physical symptoms
2. Engage in an activity designed to reduce the negative emotions
3. Recognize when emotions and feelings start to improve

Implementation of Relaxation Training:

1. Identify a specific symptom of the child's depression along with the effect it has on the child.
2. Teach the child how to perform a relaxation technique.
3. Ask the child to imagine a situation that causes the undesired symptoms.
4. Practice the technique with the child until he or she is able to perform the steps by himself or herself.
5. Check in with the child periodically to determine if the relaxation technique is being practiced correctly and at the appropriate times.

Intervention: Anger Management Skills Training

Definition:

Anger management skills training is a skill building approach to reducing socially inappropriate responses to anger.

Basic Elements of Anger Management Skills Training:

1. Recognize events or triggers that cause anger.
2. Recognize the reactions to anger.
3. Select anger management techniques the person is willing to try.
4. Evaluate the effectiveness and appropriate techniques.
5. Modify the techniques as needed.

Anger Management Skills Training Procedures:

1. Introduce the components of anger such as triggers, physiological signs, and cues.
2. Have the children create a list of things that make them angry (triggers).
3. Discuss the cues the children experiences.
4. Model the triggers and ask the children to identify cues that cause anger.
5. Explain the pro-social anger management methods used to avoid anger.
6. Introduce pro-social techniques.
7. Give students visual cues explaining the pro-social method.
8. Allow the children to role-play the triggers and cues.
9. Instruct the children to keep a log of incidents.
10. Practice the skills in real-life situations by setting up unexpected situations for students.
11. Reinforce participation and completion of the course in a social situation.