

One person's view and we don't know whose
but interesting/useful

Distinctions Between Anger Management Programmes and AVP

Let me begin by recognising that hard edged, concrete distinctions are not possible. Both AVP and Anger Management programmes vary according to the facilitators. Even two facilitators that undergo the same training will interact differently with the participants, who in turn will bring their own issues, thoughts and agendas. Also, facilitators differ in the language they use and the way they describe their methods, they will interpret their training individually and work in a way that makes sense for them, even if they are using the same exercises.

Therefore what follows must be seen as an outline of discrete areas of difference rather than absolute differences.

AVP Approach	CBT Anger Management Approach
Programme Differences	
How to manage CONFLICT	How to control ANGER
Recognition and understanding of feelings in self and others	Reducing emotional feelings and physiological arousal
Focus on interactions and relationship between self and community	Focus on the individual responses
Practical solutions for managing interpersonal conflict through alternative use of internal power	Practical solutions for managing high octane situations through thinking (and acting) differently
Managing process	Managing end result
Develops awareness of wider context, longer term forward thinking	Develops awareness in the moment
Existential paradigm - self esteem building trust, enables authenticity which reveals choices	Psychological paradigm - thoughts change feelings, which then change outcomes
Delivery Differences	
Run by trained volunteers	Run by professional workers
Offers some confidentiality	Confidentiality not appropriate
Minimal literacy skills necessary	Requires ability to read and write
Short and intensive workshops - accessible to all offenders	Aimed at prisoners with longer sentences
Opportunities for participants to train as a facilitator	