



Anger-Related Disorders: A Practitioner's Guide to Comparative Treatments (Springer Series on Comparative Treatments for Psychological)

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In this ground-breaking exploration, a glittering array of specialists investigate how and why anger is viewed as a secondary emotion by most clinical theories and practitioners and seeks to answer the following questions:

- What are anger-related disorders?
- What do they have in common and how are they different?
- How do we treat the various anger-related disorders?

Drawing on one case study, the top-notch contributors each present a different method of treatment for anger-related disorders. By taking into consideration the variety of perspectives and treatments available for anger-related disorders, this book provides an overview of how clinicians can implement each of these treatments as well as combine treatments to provide a tailored therapy for each individual client.

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1. Anger Related Disorders: Basic Issues, Models and Diagnostic Considerations, *Howard Kassinove and Raymond Chip Tafrate*
 2. The Case of Anthony, *Eva L. Feindler*
 3. Evidence for Effective Treatment of Anger-Related Disorders, *Jerry L. Deffenbacher*
 4. Cultural and Gender Considerations in the Assessment and Treatment of Anger-Related Disorders, *Sandra P. Thomas*
 5. Psychoanalytic Treatment of Anger and Aggression, *Danielle Knafo and Seymour Moscovitz*
 6. Anger Management for Adults: A Menu-Driven Cognitive-Behavioral Approach to the Treatment of Anger Disorders, *Raymond Chip Tafrate and Howard Kassinove*
 7. Dialectical Behavior Therapy for Anger-Related Disorders, *Jill H. Rathus*
 8. Couples and Family Treatment of Anger Difficulties, *Eli Karam and Jay Lebow*
 9. Psychopharmacological Considerations in Anger Management, *Henry Edwards*
 10. Emotion-Focused Therapy for Anger, *Josée L. Jarry and Sandra C. Paivio*
 11. Treating Anger with Wisdom and Compassion: A Buddhist Approach, *C. Peter Bankart*
 12. An Adlerian Approach to the Treatment of Anger Disorders, *Daniel Eckstein, Al Milliren, Paul R. Rasmussen, and Robert Willhite*
 13. Assimilative Psychodynamic Psychotherapy: An Integrative Approach to Anger Disorders, *Jerold Gold*
 14. Multiple Perspectives on the Conceptualization and Treatment of Anger-Related Disorders, *Eva L. Feindler and Alison Byers*
- Appendix A: Comparative Treatments of Anger-Related Disorders
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