Abstract

The following bachelor thesis is focused on anger management training that is designed mostly for aggressive individuals who cannot manage their anger and aggression. The work is split into two units. The first unit is a literally-synopsis part and the second is a research proposal. The literary-synopsis unit describes the training objectives, their process and the principles that are essential for the trainings. The key part introduces and describes the concrete methods, techniques, and tools that are used for the anger management trainings. The last part of the theoretical unit is dedicated to the effectiveness of the trainings and the elements that raise their efficiency. The research proposal is focused on the changes of participants' attitudes before and after the training. It also deals with the efficiency of anger coping trainings in the Czech Republic.

Keywords

Anger, anger management, violence, training methods, efficiency trainings