

Crisis Intervention Strategies Resource

Name of Resource: Angries Out Center, www.AngriesOut.com

Author: Lynne Namka

Publication Data: 1996-2004
Talk Trust and Feel Therapeutics
www.AngriesOut.com

Crisis Intervention Area: Anger Management

Appropriate Clientele: Children, Adults, Parents, Teachers, and Professionals

Summary of Resource: This website contains information on anger management including letters, articles, interactive games, and worksheets. There are specialized sections to provide anger management information and materials for all audiences. Also included are links to additional resources, including books, curriculums and other products. The interactive exercises are designed to help people identify the uses of anger, feelings hidden by anger, and ways to appropriately express their anger. This seems to be a comprehensive site with something for everyone.

Review Submitted by: Melissa J. Radniecki
Department of Counseling and
Student Personnel
Mankato State University, Mankato