

## “Breaking Point Breaking Through”

*RAGE ( Renavigating Anger & Guilty Emotions )Group Facilitation*

## History of RAGE

- Nov. 2005. Extra funding from private benefactor given to RCSI, Family Support Program.
- Sept. 2006. Cluster of families with adolescents seeking help.
- Oct. 2006. Pilot RAGE group attracts 35 inquiries.
- Hawkfams prioritises development of resource from regional funding from DoCS Prevention of Violence Towards Women unit (VAW) to assist workers in working with families of adolescent violence.
- April 08. “Breaking Point Breaking Through” resource incorporating RAGE program launched.

## Theoretical Base of RAGE - assumptions

- Strengths based theory – more effective than problem-oriented approaches
- Neurobiology brain development – brain development continues through to mid twenties
- Prevention theory –intervening early more effective than when violence is entrenched
- Adult Education – most effective with a mix of delivery styles including visual, auditory & kinaesthetic

## Evidence Base for RAGE

- Solution focussed approach –
- Group work equally as effective as individual work - review of 23 studies (McRoberts , Burlingame & Hoag 1998)
- Strong evidence for effectiveness of time-limited group therapy for cognitive-behavioural approaches - review of research-( Rosenberg & Zimet 1995)
- Parenting skills significantly improved with 6 session groups matched with controls - (Zimmerman et al 1996)
- 2 separate projects using SF approach in groups with DV perpetrators significantly reduced recidivism rates at 6 year follow up (Ukon, 1999)

## Solution –Focussed Principles

- Focus on change & possibilities
- Creating goals & preferred futures
- Building on strengths & resources
- Looking for “what’s working”
- Respectful Curiosity
- Creating Co-operation & Collaboration
- Use of humour & creativity

From “Solution Focussed Group work” – John Sharry 2004

## Principles of Strength –based groups

(Andrew Malekoff – Group work with Adolescents- Principles & Practice -2004)

- Formed on member’s needs & wants
- Structured to welcome whole person, not just troubled parts
- Integrates verbal & non-verbal activities
- Develops alliances with relevant others
- Decentralises authority & control to members
- Maintains dual focus on individual change & social reform
- Respects group development as key to promoting change

## Practice Wisdom from RAGE groups at RCSI

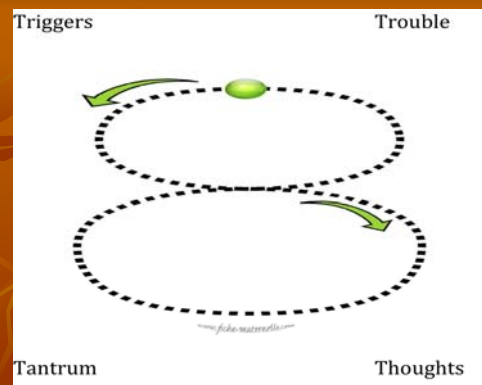
- Screening essential prior to acceptance into group
- Engagement period crucial to sustaining involvement of reluctant participants
- Underlying issues in participants' lives validated
- Success of groups measured by difference in participant self-rated pre & post questionnaires on anger control
- Parents of most participants are able to identify observed improvements in their teen's behaviour at conclusion of group
- Good communication with parents of teens helpful- group for parents on "Managing Angry Adolescents Differently" (MAAD) added support

## Content of RAGE program

- Session 1-Anger recognition skills
- Session 2-Identification of Personal triggers
- Session 3-Healthy Expressions of Anger
- Session 4-Dealing with Guilt
- Session 5-Self-care – relaxation, diet & exercise
- Session 6-Summary, Awards & Evaluation

## Strengths of the Course

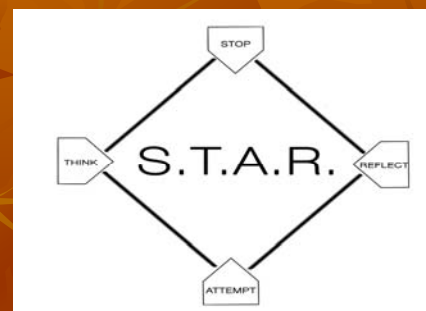
- Storytelling
- Concepts
- Fun Activities



## Managing the Bull – Course Resilience Building



## Chillax – ADHD Course



## *Feeling Fantastic – Course Anxiety and Depression*

- Feel the Emotion
- Acknowledge the Emotion
- Name the Emotion
- Tame the Emotion
- Air Out the Emotion



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