



BEYOND ANGER

20-HOUR COURSE

Aggression & Hostility Management Course

Total Hours: 20

Format: 60 chapters of blended instruction (video lessons, written reflections, and quizzes)

Delivery: 100% online

www.CourtSolutions.com

TOPICS

Recognizing Triggers that Lead to Hostility & Aggression

Recognizing internal and external anger triggers and increasing self-awareness through self-assessment.

Overcoming Setbacks & Hostile Thinking

Identifying harmful thinking patterns and learning accountability-based strategies to overcome setbacks.

Emotional Regulation Strategies

Developing impulse control skills and using practical techniques such as mindfulness and thought-stopping.

Moral Reasoning for Better Choices

Strengthening ethical decision-making and boundary-setting to avoid conflict and negative outcomes.

Building Empathy Through Reflection

Gaining perspective on how actions affect others to reduce hostility and improve relationships.

Effective Communication Skills

Learning assertive communication tools, including “I” statements, to manage conflict and anger effectively.

Conflict Resolution & Personal Values

Applying de-escalation strategies and defining personal values to guide behavior and decisions.

Resilience & Support Systems

Building resilience by managing triggers, setbacks, and developing healthy support networks.

Creating a Life Improvement Plan

Taking responsibility for past actions and creating a plan focused on integrity, growth, and positive change.

PROGRAM OUTCOMES

Participants will:

- Recognize triggers that lead to anger or conflict
- Apply healthy strategies to manage emotions and reactions
- Communicate effectively without aggression
- Resolve conflicts in a constructive way
- Demonstrate accountability, integrity, and better judgment
- Strengthen relationships at home, work, and in the community
- Develop a clear plan for long-term personal growth