



Anger Management Training for Fire Service Members

Turning Down the Heat

Description

Anger Management Training for Fire Service Members is an awareness-level, self-paced online training course to help fire service members manage anger more effectively. Participants will learn evidence-based techniques to recognize, process, and respond to challenges on and off the job that provoke anger and other uncomfortable emotions. This course may be used alone, or as a supplement to other behavioral health treatment. IAFF affiliate departments may also recommend this course to members that would benefit from additional support in managing anger.

Format

This interactive self-paced course is intended to be completed over 7 weeks and is comprised of seven 20-30 minute weekly modules. Each module includes relaxation exercises and home practice assignments to complete between modules. Upon course completion, participants will receive a certificate.

Developed By Fire Fighters, For Fire Fighters

This course was developed by the International Association of Fire Fighters (IAFF), in collaboration with Duke University and Duke University researchers who are acknowledged as experts in evidence-based clinical care, education, and innovative research in the behavioral health arena. The International Association of Fire Fighters (IAFF) is the largest labor union for fire service professionals, representing over 336,000 full time professional fire fighters and paramedics across the United States and Canada.

Course Objectives

After completing the course, you will be able to:

- Understand the function of anger
- Identify triggers for anger and how to self-monitor
- Use a tactical pause to interrupt the anger cycle
- Identify and reframe unhelpful thoughts that contribute to anger
- Manage anger through interpersonal skills
- Develop a personal anger control plan

Who should complete this course?

The course was designed for IAFF members, but is open to any fire service member and the public.



How to Access the Course

- [Click here](https://lms.iaff.org/) or visit <https://lms.iaff.org/> and search "Anger" in the course catalog
- Log-in or create an account
- Click "Register Myself"

Questions?

Contact behavioralhealth@iaff.org

