

Is It Anger Management or Domestic Violence?

Issues of Anger Management and Domestic Violence, although they may appear to many to be the same, actually represent two very distinctly different issues or problems. Anger management issues often occur in at least two spheres, for example, at work and at home. Domestic Violence, however, only occurs in the home within the context of an intimate or dating relationship. In addition Domestic Violence may have elements of a sustained pattern of coercive control of one partner by the other that exists in the absence of any apparent anger provocation. Anger management counseling does teach participants important behavioral skills regarding the identification of anger triggers and the development of alternative coping choices. Domestic Violence counseling often includes training in Anger Management but must also address other important social-emotional skills such as communication, conflict resolution, and societal support for abusive behavior.