

The goal of this specific treatment plan is to provide immediate guidance to helping professionals and concerned friends or family members when they believe someone is reaching the point where they are capable of violence against others. One diagnostic tool you can use in making this determination is the Dashometrics Anger Spectrum-1.

Step 1: Establish or strengthen at least one accessible, safe and trusting relationship with the person you are concerned about. Actively seek the input of this person to see what pre-existing relationships they already have that you can add to your own efforts. Don't be surprised if there isn't anyone else.

Step 2: Create validating and safe communication havens within these relationships. Nothing else is more important than this. Please refer to Dashometrics materials on Validation and Safe Communication if need be, but briefly here are the main ideas. Don't instruct or give advice unless the person you are concerned about clearly asks for it. Don't judge, blame or criticize them in any way. Don't pursue more communication when they are shut down or don't want to talk. Don't argue with them about anything. Validate them as much as possible. Validation means you let them know you understand and see the reasons they are the way they are or think the way they think. It doesn't mean you have to agree, but it does mean they have to feel like their opinions and beliefs are understood and respected.

Step 3: As communication improves, try to help them identify and state their grievances.

Step 4: Assess and inventory the main social environments this person has in their life, such as work, school, family and peers. Wherever possible, work with influencable parties within these groups to help create more nurturing, supportive and validating environments. At the same time, work with these same parties to eliminate or reduce the impact of those things that antagonize the person you are working with.

Step 5: Help this person identify those people or things that are most antagonizing and work on three basic strategies that are most practical in any given situation. 1) avoiding the antagonist 2) trying to transform or change the antagonist (for example, with a another person this might involve improved communication and/or better mutual understanding) or 3) de-sensitizing the person to the antagonist (this will usually involve getting them to re-interpret the antagonist so there is less emotional reactivity centered around the antagonist).

Step 6: Help this person create more power in their life by being able to 1) identify their emotional and practical needs and 2) effectively express these needs. To the extent possible with those that will respond to these communications, help them learn how to listen and whenever possible, compassionately respond.

The primary goal of this treatment intervention is to "triage" intense anger. From this stage you will want to help this person engage in longer term therapeutic efforts which will help both manage anger and improve the quality of the environments these parties spend their time in.

*THERE ARE GOING TO BE TIMES WHERE VIOLENCE RISK DEMANDS EITHER
THE WARNING OF OTHERS OR THE INTERVENTION OF LAW ENFORCEMENT AND
THIS PLAN DOES NOT SPEAK TO THE ACTIONS REQUIRED IN SUCH CIRCUMSTANCES.*