



# Drama Workshops for Anger Management and Offending Behaviour

*James Thompson*

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## **Drama Workshops for Anger Management and Offending Behaviour** James Thompson

The Blagg! and Pump! drama workshops combine dynamic drama techniques to explore issues of anger management and offending behaviour. They can be easily adapted to suit the particular needs or backgrounds of a variety of groups, from probationers and prisoners to 'at risk' youth. Both are appropriate for use with groups with behavioural problems, such as offending, aggressiveness or violence. Blagg! examines consequences of actions, the victim's perspective, effects on family members, and strategies for avoiding trouble in the future. Pump! adopts the learning aims of anger management to focus on triggers, self-awareness, coping strategies and consequences. James Thompson presents both of these drama programmes within their historical and theoretical contexts. Each programme consists of a course of dramatic exercises which are sufficiently flexible to accommodate restrictions imposed by time, space or numbers.

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