Establishing Services

1. Stop by our office, between 9:00 am and 4:00 pm Monday through Friday, to complete a brief series of online forms (~ 30 minutes, only accessible at CAPS’ Office) and pay a $15 initial fee for establishing services at CAPS.

2. Schedule an initial appointment with a CAPS’ counselor. Initial appointments are typically scheduled within a week of your initial request; however, during times of high demand, the wait may be longer.

3. Following the initial appointment you will be assigned a counselor who will contact you to set up your next appointment.

Did you Know?

Anonymous responses to the CAPS client satisfaction survey indicated:

- 89% found the visits useful
- 80% experienced improvement in their condition
- 49% indicated that CAPS’ services helped them to remain at IUPUI
- 54% believed CAPS’ services helped to improve their academic performance

(IUPUI CAPS Satisfaction Survey 2010-11)

Students utilizing CAPS’ services have consistently had higher graduation rates than their respective cohort.

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Find us on Facebook by searching for "IUPUI CAPS." Learn about our latest events, articles of interest, and other links.

Monday – Friday 9:00am – 4:00pm
Evenings by appointment only

Empowering student learning, inclusion and success through engagement.
Anger Management

Lashing out, kicking a door, screaming, crying, name calling…

Do these things mean anger?

Not necessarily! They are behaviorally expressed negative emotions, such as annoyance, frustration, irritation, anger, and rage.

What is anger?

Anger is “an emotional state that varies in intensity from mild irritation to intense fury and rage,” according to Charles Spielberger, Ph.D. All emotions are accompanied by physiological and biological changes. When you get angry, you may notice an increased heart rate, feeling flushed, and muscle tension that are caused by the change of the levels of your energy hormones, adrenaline, and noradrenalin.

What causes anger?

Anger can be triggered by internal or external stimuli, or both. Anxiety, expectations, memories over some unpleasant events, a traffic jam, or a cancelled appointment can all cause anger. There are no good or bad emotions, including anger. An emotion is an indication and a reminder for us to notice that something unusual happened. It is energy that we can utilize to bring us benefits!

Why do most of us dislike anger?

We tend to associate anger with its behavioral expressions, such as:

The above behaviors are some of the anger expressions; there are other methods for expressing anger. As mentioned earlier, anger is an emotion that functions as an indication or reminder for us that something unusual happened! One of the strategies people use is to identify the problem and target on resolving it positively and assertively. The problem solving process can be rational without damaging behaviors.

Look at anger positively!

Anger is an emotion that can help us manage our lives effectively and healthily. Anger leads us to notice that our rights have been violated or our needs and wants not been met. It also helps us to maintain boundaries, protect our rights, and receive needed attention or support, if we choose to act productively.

When does anger become bad?

Anger becomes toxic, unhealthy, and imbalanced when we fail to recognize its existence, ignore its signal, or fail to express it in our relationships. When this happens, anger takes its own route causing an internal pressure. When the pressure becomes too great, anger comes bubbling up and out without control, clarity, direction, or intention. Oftentimes, damage to self, others, relationships, or productivity occurs.

How can anger be managed?

There are four major steps that can help us manage anger.

1. Become aware of anger: recognize physical and emotional signs.
2. Know our patterns of anger: masked anger, explosive anger, chronic anger, or healthy anger.
3. Develop clear and thoughtful response strategies: know what is wrong and deal with it.

Helpful practices:

Regular exercise, practice relaxation, developing a sense of humor, or gaining different perspectives.

(from APA online: Controlling Anger Before it Controls You and Creative Therapy Associates, Inc. Anger Management)