

Supporting Our Veterans

Anger Course Offered

Veterans receiving treatment for post-traumatic stress disorder (PTSD) often experience anger and irritability. These feelings can exacerbate veterans' current difficulties and can interfere with the development of positive relationships as well as meaningful engagement in treatment. To help address this need, the Department of Veterans Affairs has launched a new online self-help course titled: *Anger & Irritability Skills* or *AIMS*. This confidential, self-paced program is based on cognitive-behavioral treatment and offers a wide range of practical skills and tools to help veterans learn to manage their anger and develop control over problematic thoughts and actions. It includes videos of eight veterans who have successfully learned to manage their anger using the tools in the *AIMS* program. *AIMS* also features a variety of games and exercises designed to help the user stick with it. EA professionals should direct veterans to: <http://www.veterantraining.va.gov/aims/>.