Finally they will be placed in a role play situation where they will put their newly learnt skills into practice.

One weakness of anger management is that it is not always successful; Law conducted a study and found that only one individual in a group undergoing anger management showed any kind of benefits from the programme. Blackburn supported this by saying that there are no long term benefits in anger management as recidivism rates are the same for those who have taken part in the course and those who have not. Despite this Fiendler found that in a group of young offenders anger management was successful in instilling problem solving and self control methods of reducing aggressive behaviour. This is empirical evidence to support anger management and as a result shows that it is possible for Mark to find anger management beneficial in controlling his aggressive temperament. Ireland also found that aggression dramatically reduced in violent offenders following a course of anger management, results from 50 individuals who had undergone anger management were compared to a control group and it was found that in over 90% of cases behaviour of the criminals had improved on either the self report measure or a checklist of 29 problem areas. In almost 50% of cases offenders improved on both measures. Loza and Loza-Fanos found that there is no difference in the aggression levels between violent and nonviolent offenders and as support of this, asking violent but not aggressive offenders to explain their actions through anger may lead to them using it as an excuse in the future. This study would suggest that it may be detrimental to Mark’s behaviour to instruct that he goes through a course of anger management if his offences were not committed out of anger.

Anger management is a cognitive-behavioural treatment programme which aims to change the thought process of the individual and change their behaviour long-term. For those who commit crimes out of violence it has been proven to be effective in reducing the recidivism rates.

Both Anger Management and Behaviour Modification would be useful in reducing Mark’s aggressive and violent behaviour within the prison itself, behaviour modification does not require individuals to be trained to lead a session or teach individuals how to change their behaviour, all of this is needed for anger management. Behaviour modification is based on rewards and punishment and this can be achieved within the prison environment and can be an on-going process and not just restricted to specific sessions.

As well as this, Rice found that psychopaths were more likely to offend after a course of anger management as the skills they learnt raised their self esteem and they are able to use them to manipulate others more effectively.