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Symposium WP-3  
Wednesday, July 26, 2006

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## **Anger expression, physiology and treatment: Recent research, current findings and new models**

***Chair: M. Potegal***



Anger is a highly salient emotion to individuals experiencing it as well as to those with whom they interact. Anger and aggression are separable, but anger-driven aggression can have great social cost. Presentations in this symposium will review current research on many aspects of anger including its social and environmental antecedents; central and peripheral physiological mechanisms; effects on perception, motivation, and cognition; feeling states; verbal and physical expression; temporal dynamics; and interpersonal goals and strategies.

Gerhard Stemmler's opening overview will include a review of some specific somatovisceral characteristics of anger. Eddie Harman-Jones will present work on cerebral asymmetries in EEG activation that indicate a crucial role for left frontal areas in the expression of anger. Julie Hubbard and colleagues will first discuss the relation between anger and aggression, then provide an overview of their work on anger in children's reactive versus proactive aggression. In Ray Novaco's systems-oriented treatment approach, personal dispositional systems of anger (cognitive, physiological, and behavioral) are embedded in an interpersonal and environmental network. He will review meta-analyses showing medium to strong effect sizes for the cognitive-behavioral treatment of anger (CBAT). Successful treatment of patients with severe anger problems compounded by other clinical conditions (PTSD, psychoses, and developmental disabilities) will be described. As discussant, Mike Potegal will present a new, quantitative, behaviorally based model of anger and show how some of the foregoing issues and findings may be interpreted in the context of the model.

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