

**FURIE ȘI MUZICĂ ÎN TERAPIA COGNITIVĂ A
ADOLESCENȚILOR: PIERDEM DIN VEDERE UN POTENȚIAL
SPRIJIN ÎN CADRUL INTERVENȚIEI?**

**ANGER AND MUSIC IN ADOLESCENT COGNITIVE THERAPY:
ARE WE MISSING A POTENTIAL AID TO INTERVENTION?**

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Abstract

The experience and expression of anger in adolescence and adulthood have been part of the landscape of interpersonal relationships since very early times. Some anger is followed by aggression, which makes it even more problematic. Although anger was actually encouraged in many societies prior to the 19th century, it is now considered to be generally unnecessary for the solution of problems. In addition, it is associated with many negative behavioral and medical outcomes. Thus, we have seen a proliferation of anger management programs in schools, jails, and mental health centers. The goal has been to teach adolescents and adults to regulate their expression of anger, in order to minimize its negative effects on families, with friends, and in the workplace. To date, most research has focused on the treatment of anger and aggression in adults. Studies using adolescent samples are few, and interventions likely to be of special importance to adolescents and young adults, such as the effects of music, have been generally ignored. Yet, adolescence is a time when interest in music peaks. Music is pleasurable, easily accessible, cheap, and may be useful as an adjunct to cognitive therapies such as REBT. Music may affect thought processes that are important in the cognitive therapies and its mood inducing effects have been reported to be helpful in reducing anger and other negative emotions. Conversely, music has also been reported to increase positive feelings. In this article, we briefly review the current trends in the treatment of anger and aggression. We describe the effects of music in natural and therapeutic setting, and show how it can be applied to an adolescent population in regard to difficulty with managing anger and aggression. Implications and future directions for music and adolescents are then presented.

Keywords: anger, adolescence cognitive therapy, music

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