



# Phoenix Counselling Service

591 Heathway  
Dagenham  
RM9 5AZ  
020 8595 9633

[info@phoenix-counselling.co.uk](mailto:info@phoenix-counselling.co.uk)

## One Day Anger Management Workshop

When Saturday 13th September 2008, 10am to 4pm

Where : 591 Heathway, Dagenham, Essex, RM9 5AZ(see Maps page)

### APPLICATION FORM:-

Name.....

Address.....  
.....

Contact Telephone Number.....

Email.....

Fees £80 (non refundable, please include payment when you  
return this form)

Cheques payable to "Phoenix Counselling Service"

Or pay online by Paypal - use button on site, details on [request](#)

### Programme of Workshop

- Methods and Techniques including CBT to manage anger, stress and aggression
- Exploration of root causes of excessive feelings of anger
- Theory for anger management including
  - 1) Examples of false thinking / beliefs
  - 2) Consideration of life style changes - e.g. "sleep diet" - "10 sec rule"
  - 3) Toolkit to tackle acting inappropriately when angry, including relaxation, personal anger diary
- Assessment to establish and plan further treatment as indicated
- Certificate of attendance

Tea / Coffee included

[www.phoenix-counselling.co.uk](http://www.phoenix-counselling.co.uk)