



# Phoenix Counselling Service

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## One Day Anger Management Workshop

When : Saturday 27th January 2018, 9.30am to 4pm

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

APPLICATION FORM :-

Name

Address

Contact Telephone Number

Email

Fees £149 (to keep our charges low all fees are not transferable and non refundable, please include payment with this form) Cheques payable to “Phoenix Counselling Service” or [e-mail](mailto:info@phoenix-counselling.co.uk) and ask for an online payment request

### Programme for Course (in a small group, usually 4 - 6 people)

- Methods and Techniques including CBT to manage anger, stress and aggression
- Exploration of root causes of excessive feelings of anger
- Certificate of attendance •Homework to continue progress and learning
- Toolkit to tackle inappropriate anger, owning behaviour when angry
- Assessment to establish and plan further treatment as indicated
- Theory drawn from counselling practice and positive psychology, including
  - 1) Examples of false thinking - inherited response patterns
  - 2) Consideration of life style changes - e.g. “Sleep diet”, anger diary
  - 3) Healthy as opposed to unhealthy anger, focus on strengths not weakness

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