



SYDNEY COUNSELLING CENTRE

ABN 54 056 809 806

Anger Management Training

Why would I want to do Anger Management Training?

Anger is a normal human emotion which everyone experiences from time to time. However, some people feel angry most of the time. Others may have a problem with expressing their feelings of anger in unhelpful ways, such as using aggression, intimidation, or violence. Ongoing problems with anger can have very negative consequences – it can damage relationships with people, affect work, and may even lead to legal sanctions.

If you or someone you know is experiencing problems similar to the above, then anger management training would be able to help.

What is Anger Management Training?

Anger management training is a comprehensive program offered by Sydney Counselling Centre that is aimed at helping people to take control of their anger. The program focuses on identifying and changing people's thoughts, feelings, and behaviours in relation to anger. The program involves three components:

- **Awareness** – Enabling people to be able to recognise the specific thoughts, feelings, and behaviours which can increase feelings of anger and lead to aggressive behaviour.
- **Coping Strategies** – Once people have developed an awareness of their anger, they learn and use effective coping strategies to prevent or reduce inappropriate anger or aggressive behaviour.
- **Lifestyle** – When appropriate coping strategies have been learned, people's behaviour improves. General lifestyle changes develop, resulting in the ability to think and act more positively.

Who runs the program?

The anger management training is facilitated by Clinical psychologists with Sydney Counselling Centre.

Who else will be in the group?

The Anger Management training is run in a group format. There will be a maximum of eight people in each group.

How many sessions are there?

The anger management training runs weekly for ten sessions. Each session lasts approximately two hours.

The dates for the next anger management training course will be starting on:

- **21st AUGUST 2008**

The training will take place at Sydney Counselling Centre's Chatswood office, located at:

Level 4, 7 Help Street
Chatswood 2067

How much is the course?

The course including certificate of completion costs \$1100*

(*Health Fund and Medicare Rebates may apply - GP referral needed)

How do I register for the course?

To register, call Sydney Counselling Centre on 9415 2223,

You may also direct any enquiries to gkbanks@sydneycounselling.com.au

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