

Training for Counsellors

Anger Management Training – ‘Anger Essentials’

Facilitated by Bernard Henry

This is a **2-day** programme which uses **experiential learning**, looking at:

- Anger Statistics - Their meaning for us as therapists
- Assessment for angry clients
- What is Anger - healthy and unhealthy
- Anger Triggers
- Historical Anger v Present
- Volcanoes: Hot or Cold
- 5 Anger Styles.
- 3 Power Styles
- Human Brain and Anger
- Primary Needs and Anger
- Rule 1 of Anger Management
- Rule 2 of Anger Management
- The Assault Cycle
- Anger in the Family

Booking Information

To book a place please fill in a booking form and return to clear@dhcni.com or return by post to

CLEAR Project,
Unit 13, Strabane Enterprise Agency,
Orchard Road Industrial Estate,
Strabane,
BT82 9FR

Places on are limited to two per organisation and subject to minimum numbers. Dates subject to change.
Where email address has been supplied, this will be used as means of contact.

**This session is open to staff & volunteers of
COMMUNITY & VOLUNTARY SECTOR
organisations operating within the Western Trust Area**