

# ANGER MANAGEMENT GROUP

**This group is 16 sessions/2 hours per session PLUS 5 individual sessions OR 25-30 hours of individual anger management counseling**

## **Participants will:**

- ✓ **Learn current anger style and what triggers anger**
- ✓ **Implement individualized strategies to manage anger, stress & other emotions**
- ✓ **Learn how and where to refocus anger energy**
- ✓ **Discover how to experience emotions constructively vs. denying, avoiding or minimizing emotions**
- ✓ **Learn to handle everyday situations that trigger negative thoughts & behaviors**
- ✓ **Begin communicating thoughts & feelings assertively vs aggressively**
- ✓ **Discover the difference between Anger & Aggression**
- ✓ **Learn conflict resolution via assertive communication**
- ✓ **Learn the Thought-Feeling connection that influences behavior**
- ✓ **Learn to take the emotion out of your responses/behavior**
- ✓ **Challenge your thinking to produce a better outcome**



**Sharon Thomas, MS, LPC  
Therapist/Group Facilitator**

*Change Begins with YOU!*

## **Serenity Consulting**

***Sharon Thomas***

*\*1930 Marlton Pike East*

*Bldg T*

*Cherry Hill, NJ 08003*

*\*2 Bala Plaza*

*Suite 300*

*Bala Cynwyd, PA 19004*

*Ph: 215-385-5606*

*Fax: 856-384-2754*

**[sharon@sharon-thomas.com](mailto:sharon@sharon-thomas.com)**

***www.sharon-thomas.com***