

Training for Mental Health Professionals and 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

For further information on training please contact:

Email: clear@dhcni.com

Web: www.dhcni.com

Tel: 028 71383386

Address : The Clear Project, Building 83, Ledwidge Avenue,
Derry~Londonderry, BT47 6GZ

Places on are limited to two per organisation and subject to minimum numbers.

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