

Joni C. Stewart LCSW & Associates Inc. • 310 E Oak Avenue, Tampa FL 33602
813.277.0080 • fax 813.209.0564 • info@jstewartlcsw.com • therapy4changetampa.com

Anger Management

Anger is a natural emotion!

Mild forms include displeasure, irritation or dislike and are usually a healthy response to frustration, criticism or threat. However, sometimes anger can transform into full-blown rage, which can affect judgment and rational thinking. In addition to impairing mental clarity, elevated anger can produce physical changes; increased blood pressure, heart rate, and adrenaline levels.

In worst case scenarios the natural survival instinct triggered by anger can mutate to promote violent and aggressive actions towards other persons and property!

There are many “common” situations that may cause elevated anger including; grief, sexual frustration, pain, alcohol and drug abuse or withdrawal, humiliation, financial problems and bad news.

Anger Management is skill-building group therapy that incorporates emotional management, conflict resolution, assertive communication, and listening skills, but does not address the dynamics of intimate relationships, power and control issues or domestic violence issues.

Program objectives

1. Understand the nature of anger
2. Identify each individual's anger patterns
3. Discover the skills necessary to identify irrational thinking that leads to anger problems and learn rational dispute
4. Learn assertive communication and healthy conflict resolution skills
5. Recognize a plan to manage anger effectively

Each participant must

1. Attend 1 1/2 hour weekly sessions, up to 15 sessions to accommodate all group attendees.
2. Prepare weekly homework assignment
3. Provide a detailed plan on how to manage anger before completing the program