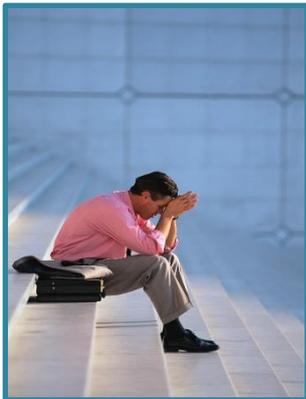


## Anger Management- Focused Therapy

*Anger Management therapy is designed to help individuals learn how to control the emotional of anger more effectively so that it has less of a destructive impact on their lives and on the lives of the people around them.*

### Expressing / feeling angry...

During the sessions the counsellor will reflect with the individual to become aware of the following ways they may be expressing or feeling anger:



- ✚ Anxiety or depression (anger which has been buried)
- ✚ Supressed anger (hidden from the people around them)
- ✚ Explosive outbursts of anger
- ✚ Malicious anger (anger that is used intentionally to hurt/bully others)
- ✚ Defensive anger (anger that is used as a protection from the hurtful comments or actions of others)
- ✚ Habit of anger (there is always something to be angry about every day)

### Why am I angry?

There are many different reasons why individuals may experience anger, but these are some common factors:

- ✚ Grief and loss (bereavement)
- ✚ Verbal or physical assault
- ✚ Hunger or tiredness (can be linked to neglect)
- ✚ Disappointment / failure / low self-esteem
- ✚ Bullying
- ✚ Damage to possessions or personal goals
- ✚ Mental or physical illness
- ✚ Alcohol / drugs / withdrawal from alcohol or drugs



The counselling sessions will also support the individual's process to identify the reasons why they may be feeling or expressing unhealthy anger.

### How can I tell if anger is unhealthy?

If you have noticed that an individual is displaying any of the following emotional, physical or mental effects of unresolved or uncontrollable anger, then they may benefit from anger management focused therapy:

- ✚ Anxiety / depression
- ✚ Low self-esteem
- ✚ Compulsive behaviour
- ✚ Drug/alcohol abuse
- ✚ Self- harm
- ✚ Backaches / headaches
- ✚ High blood pressure / weakened immune system
- ✚ Eating disorder

### **Why anger management focused therapy?**

In anger management therapy the counsellor will help individuals to identify triggers (the reasons why they become angry), they will then work with the individual to identify and develop skills to effectively respond in those situations.

Finding healthy and assertive ways to respond will help individuals to communicate effectively when resolving conflicts and other situations where anger is normally expressed in an unhealthy way.

Transform Counselling Services C.I.C. offers 'child friendly' anger management focused therapy which is adaptable for the suitability of children and young people; the sessions will incorporate creativity and play as a tool to aid children to engage with the counsellor and express themselves in a less threatening way.



*Anger is a perfectly natural emotion which occurs when human beings are under attack in any way; when expressed healthily it can help to relieve tension built up in the mind and body.*

*However when out of control or destructive anger can prove to have a significant impact on our way of being; talking to a counsellor can help.*

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### **COST:**

- ✚ **£45 per session / 50 minutes (weekly)**
- ✚ **£324 per 8 sessions / 10% discount\***

\*10% discount will be applicable for each additional session following an 8 session booking

**To make a referral please email [info@transformcounselling.co.uk](mailto:info@transformcounselling.co.uk) or call **07860613313**, following this you will be asked to complete a referral form and additionally a consent form for children and young people aged 16 and under.**