

Confidential help

Often times our anger can get the better of us...

It takes a lot of energy to hang onto anger....

Sometimes we need the ear of an experienced professional who will keep our concerns confidential and offer an objective point of view and guidance in how to control anger.

What we cover in your class:

- Anger Assessment
- Understanding the Anger Habit
- Anger hot-spots and triggers
- Anger and Self-Talk
- Communication Styles
- Assessing Your Anger Style
- Where did I get my anger?
- Anger is a Choice
- Stress Management & Anger
- Learning to Take Care of Your Anger
- Invalidation and Validation
- Developing Emotional Intelligence

ANGER Management

Mustard Seed is proud to offer

A one day anger management class:

ANGER MANAGEMENT

SATURDAY

9:00AM – 4:00PM

8 sessions

In one day for \$120

OR

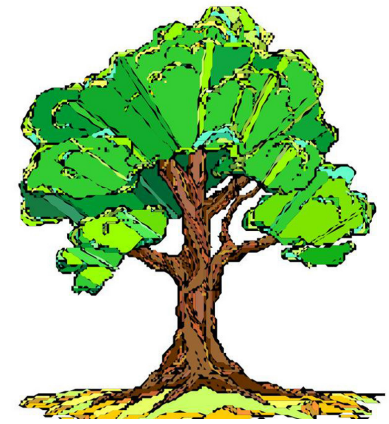
(We also offer weekly one hour individual sessions during business hours of 8-5PM Mon. – Fri.)

Mustard Seed is privileged to live in a community of very caring professionals who give us an office to provide services in the following location:

Mustard Seed @ The Torch
992 Cannon Bridge Rd.
Demorest, GA 30535
Robin's Cell: 706-968-7510
Wanda's Cell: 706-768-1111

The Mustard Seed Counseling Services

Anger Management
For Teens & Adults



*“If you have faith as small as a mustard seed...”
Mathew 17:20*

ANGER MANAGEMENT

SATURDAY 9:00 – 4:00PM

8 sessions - in one day OR

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Certified Anger Management Facilitators:
Facilitator: Robin Whisnant, LAPC, CAMS
Facilitator: Wanda Dimas, CAMS

Program Description

Why anger management?

- Anger is a normal emotion that tells us to stay and fight or take flight.
- However, when the anger is controlling us instead of us controlling anger things can get out of control.
- Anger can affect work and our personal relationships, and the overall quality of your life.
- We become the puppet and anger is the puppet master.
- Anger Management is just that. YOU take over control of your emotions.
- Techniques are taught that you can apply in your everyday life to help YOU control anger.

What are some examples of what I will learn in this class?

- Simple relaxation techniques you can use that others won't even know you are doing.
- Replacing curse words with other highly colorful terms that are less offensive to others and still reflect your thoughts to get your message across.

YOUR - WORKBOOK

What is in the workbook?

- Developing self-control strategies during intense emotional times
- Ways to identify what is good about your anger and what is not so good
- Tools you can apply immediately to learn what your hot-spots (triggers) are and how to control them.
- Tools to help Stop destructive self talk
- Techniques to use every day that are important in the power of positive self talk
- How to identifying primary and secondary feelings that make anger work
- An assessment of your anger style and how to power it under your control in a healthy way
- Ways to become aware of your beliefs on anger
- Growing your self control and making it stronger
- How to stop old angry patterns

Program Description

Techniques you can use right now if you are angry:

- Give yourself a time out: Take a deep breath and count to 10 and then repeat three times.
- Leave the area immediately; just by changing your surroundings could help reduce your anger.
- Go for a walk. Releasing energy can help reduce anger.
- If you can't leave right away, try and use as many as possible "I" statements such as "I am upset because"...." I feel frustrated because..."

Counselors:

Michael Johns, CAC II, Director

Over 26 years aiding recovery in substance abuse in individual and group settings. Anger management specialty for those transitioning from correctional facilities.

Robin Whisnant, LAPC, CAMS

Mental health counselor, specializing in trauma recovery; DV, and sexual abuse. She is a Certified Anger Management Specialist (CAMS) for teens & adults.

Wanda Dimas, CAMS

Working with women incarcerated & in transition, also works in substance abuse recovery. She is a Certified Anger Management Specialist (CAMS).