



Phoenix Counselling Service

591 Heathway
Dagenham
RM9 5AZ
020 8595 9633

info@phoenix-counselling.co.uk

One Day Anger Management Workshop

When _____ 2010, 9.30am to 3pm

Where : 591 Heathway, Dagenham, Essex, RM9 5AZ(see Maps page)

APPLICATION FORM:-

Name

Address

Contact Telephone Number

Email

Fees £60 (to keep our charges low all fees are not transferable and non refundable, please include payment with this form)

Cheques payable to "Phoenix Counselling Service"

Or pay online by Paypal - see button on booking page or [e-mail](#)

Programme for Workshop

- Methods and Techniques including CBT to manage anger, stress and aggression
- Exploration of root causes of excessive feelings of anger
- Theory drawn from counselling practice and positive psychology for anger management including
 - 1) Examples of false thinking / beliefs / positive anger
 - 2) Consideration of life style changes - e.g. "sleep diet" - "10 sec rule"
 - 3) Toolkit to tackle inappropriate behaviour when angry, including relaxation techniques, personal anger diary
- Assessment to establish and plan further treatment as indicated
- Certificate of attendance

Tea / Coffee included

www.phoenix-counselling.co.uk