



The Mental Health Association of Rochester/Monroe County, Inc. 2019 6-Session Anger Management Class

Instructor: Earl Greene, M.A., CAMS-1/Fellow National Certified Anger Management Specialist

Class #1 - January 8 - February 19, 2019 (1/8/19, 1/15/19, 1/22/19, 1/29/19, 2/12/19, 2/19/19)

Class #2 - March 12 - April 16, 2019 (3/12/19, 3/19/19, 3/26/19, 4/2/19, 4/9/19, 4/16/19)

Class #3 - May 7 - June 11, 2019 (5/7/19, 5/14/19, 5/21/19, 5/28/19, 6/4/19, 6/11/19)

Class #4 - July 2 - August 6, 2019 (7/2/19, 7/9/19, 7/16/19, 7/23/19, 7/30/19, 8/6/19)

Class #5 - September 3 - October 8, 2019 (9/3/19, 9/10/19, 9/17/19, 9/24/19, 10/1/19, 10/8/19)

Class #6 - November 5 - December 10, 2019 (11/5/19, 11/12/19, 11/19/19, 11/26/19, 12/3/19, 12/10/19)

Please have your client call our reception desk at 585.325.3145 x100 to go through our mandatory telephone screening. *No one will be registered to attend a class without the telephone screening.*

Pre-registration is required. The total cost of the class is \$200.00. We require a \$100.00 deposit when registering. Payments of \$25.00 will be accepted at each of the first 4 sessions. All fees collected are non-refundable. Please have your client call us for details.

Attendance at all 6 sessions and payment in-full is mandatory to receive completion documentation.

We do not provide professional counseling or therapy. For clinical services dealing with anger/aggression replacement therapy (ART) please contact a mental health professional.

The goal of our class is to help adults (*18 years of age and older only*) understand basic anger management skills that can be applied to their own lives, increase awareness of effective communication skills, emotional control and to learn about appropriate boundary-setting and more positive responses to anger-provoking situations.

Please advise your client that no one will be allowed to attend a session while under the influence of drugs or alcohol.

If you have additional questions, please feel free to contact Ellen Rogers at 585.325.3145 x128 or by e-mail at erogers@mharochester.org.



Anger Management Course Overview (For the 6-Session Training)

A 6 – Session Training that helps adults build skills and techniques and implement effective strategies to cope with their anger in a positive way.

Training includes a combination of role-playing, presentations, videos and discussion.

Content:

- ❖ Overview of anger including a discussion about the effects of anger and how the brain and body identify triggers
- ❖ Myths about Anger
- ❖ The physical and psychological warning signs and cues and a discussion on why it is important to recognize them
- ❖ How to identify triggers
- ❖ Strategies for dealing with anger (such as relaxation methods, breathing exercises)
- ❖ The Aggression Cycle and the Anger Meter
- ❖ The ABCD model (a model for restructuring the way we view events that trigger anger)
- ❖ The importance of self-control
- ❖ Assertive behavior vs. aggression and anger
- ❖ The conflict resolution model