

## ANGER MANAGEMENT PROGRAMME

### **This programme covers the following:**

- Provides a safe and controlled environment where anger issues can be explored;
- Identifies anger/rage triggers with the client i.e. people, events;
- Clients can be afraid of their anger and may not have the skills to address it themselves.

We work with the root/cause of the anger and teach anger management skills;

- Anger can be in a person like a pressure cooker. Our programme releases the pressure little by little which teaches the client about his/her behaviours and also looks at how to handle confrontation in a way that is validating and non violent.