

About us

The Course Facilitator

Rhona Webb is a professional counsellor and trainer with experience of delivering Anger Management courses and one to one support sessions.

Tel: 07758 133 371

Email: rhona.webb@resolvinganger.com

The Partnerships

Cool Recovery, is a charity working on behalf of people whose lives are affected by emotional or psychological issues.

Based in Torquay covers Newton Abbot and surrounding areas

Palace Gate Counselling Service is a voluntary organisation offering a range of therapeutic interventions and is based in Exeter.

Jo Stewart works at The Little House Contact Centre, a charity supporting families Exeter and independently offers courses at the Centre

©Rhona Webb 2011

Course Information

The full course is run over 8 weeks plus optional additional sessions. The 2 hour weekly sessions occur within a group process that explores the challenges of managing anger. One to one sessions and day events are also available. There is a nominal charge to individuals. It is anticipated that organisations will make contributions towards the service. For course information and availability please call:

Exeter Area:

Palace Gate Counselling Service
3 Palace Gate
Exeter EX1 1JA
Tel: 01392 205804
www.palacegatecounselling.org.uk

or

Jo Stewart
The Little House Contact Centre
56 Longbrook Street
Exeter EX4 6AS
Tel: 01392491902
Email: jgjr21@hotmail.co.uk

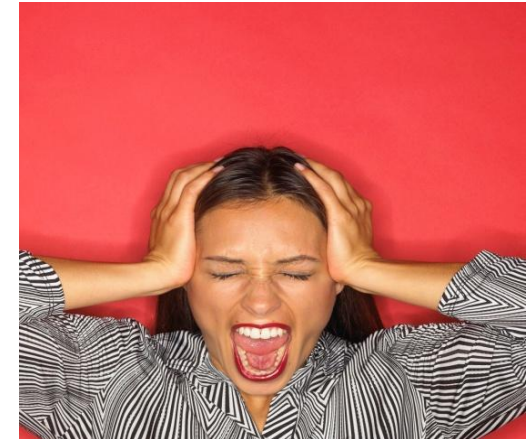
Torbay area:

Cool Recovery
17 Morgan Avenue,
Torquay TQ2 5RP
Tel: 01803 299511
Email: therapies@coolrecovery.org.uk

RESOLVING ANGER

www.resolvinganger.com

HOW TO MANAGE YOUR ANGER



Venues

Cool Recovery
Torbay

Palace Gate Counselling
Exeter

The Little House
Exeter

What is anger?

Anger is something that everyone feels at times. Anger can range from feeling slightly annoyed to outright rage and fury. We all deal with anger in different ways. Some people experience anger every day, others may only feel anger when pushed to their limit. It can be physically and emotionally damaging, impacting negatively on our personal circumstances.

Why change the way we respond to anger?

When our anger subsides it can leave us feeling exhausted, ashamed and depressed but it doesn't have to be this way. By learning to recognise anger triggers and our own escalating states of anger we can change the way we think and respond.

Learning these skills can help us deal with difficult situations and remain calm under pressure and stress, while still being able to put ourselves across assertively and positively.

Who will benefit from this course?

Those who have difficulty coping with anger and who find it hard to express their emotions effectively.

The course includes:

- *Understanding our anger*
- *Recognising the signs of anger and preventing its escalation*
- *Identifying triggers of anger*
- *Recognising and working with patterns of emotion and impact on others*
- *Hidden aggression*
- *Defence mechanisms*
- *Dealing with other people's anger and aggression*
- *Building Self esteem*
- *Assertion skills*
- *Communication*
- *Problem solving*
- *Negotiation*
- *Improving relationships*

What will I gain from attending?

- *Gain knowledge and experience in expressing anger appropriately*
- *Increased confidence*
- *Improved relationships*
- *Relaxation techniques*
- *Assertiveness skills*

Feedback from people who have completed the course

“I wish I had done this course years ago.”

“I didn't think I would enjoy the course as it was the first time I had ever done group work but I learnt so much and the experience has helped me to be more confident in sharing my problems.”

“I have an understanding of me which has given me calmness and contentment that I wanted all my life. It was the best thing I have done in my life....”