



Joining the Group

In order to join the Anger Management Group you must first have an assessment session with a clinician to make sure the Group is suitable and to discuss the Group process. If you have already had individual sessions with a clinician and feel ready to join the Anger Management Group, your therapist will answer any of your questions and refer you to the group.

Some people wish to attend individual therapy sessions and attend the Anger Management Group at the same time, usually this is fine but this should be discussed with your therapist.



Group Expectations

Each group session is 75 minutes and each group member commits to attending at least six sessions. This ensures that each group member completes the entire anger management program while giving the group a chance to know each other, feel comfortable revealing personal information, and practicing anger management techniques.

Each Group session includes useful information about anger and its management and practice at using that information in social situations. Group members practice dealing with situations that bring on their anger and ways of better managing their anger. Participants will be expected to be honest, non-judgmental, and to maintain strict confidentiality with respect to matters disclosed within the group.

Attending the Group is an important commitment to others so attendance is mandatory and planned absences are to be announced ahead of time.



Fees

Individual treatment fees vary from clinician to clinician. Many individuals and families have Employee Assistance Programs or Extended Health Benefits through their place of employment. Most of the services provided to adults and children may be covered in whole or in part. We will be pleased to discuss with you how you may access these benefits.

The fee for the Anger Management Group is \$35 per 75 minute session. If an initial assessment to determine suitability for the group is required this is charged at the clinician's usual rate. If the Anger Management Group is being paid for under Extended Health Benefits or through an Employee Assistance Program, then the number of eligible paid Group sessions is more than the number of eligible individual sessions and is adjusted accordingly.

Following completion of the Anger Management Group clients have the option of continuing with an open ended Anger Management Maintenance Group for \$35 a session.



Where do I Start?

Call our intake department and ask for more information or ask your therapist about the group to find out about Group openings and schedule.

Anger Management Group for Teenage Girls



*Quinte Assessment and Treatment
Group Inc.*

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Quinte Counselling Services Inc.

Quinte Counselling Services Inc., and Quinte Assessment and Treatment Group Inc., together provide a full range of Clinical and Consulting Services to clients in Central and Eastern Ontario.

Confidential Appointments in a private setting can be arranged for the daytime, evening or weekend. Many services are covered in whole or in part by Employee Assistance Programs and Extended Health Benefits.

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Anger Management Group

Turning Your Life Around

Anger alone is not a problem, but how you deal with it can be. Anger can cause you to scream and yell, throw things, destroy property, hurt your friends and family and in some cases can result in a criminal offence.

Anger in teenagers is a common problem as they learn to become independent and deal with school, family and friends in a new way. Often the stress of becoming an adult is taken out on those closest to them, and can cause great strains in family relationships.

Anger can have a number of different causes. Pressures from home, school or friends to be and act a certain way is often a major cause. Sometimes just being unable to do something you really want to do is the cause. Sometimes you don't know why you are angry.

But by carrying around your anger you are probably hurting yourself through stress, bad eating habits, headaches, drinking or drug taking, doing poorly at school, losing friends, or alienating family. Anger also creates mental pain in terms of frustration, hurt, resentment, and can lead to feeling bad about yourself. Learning to manage anger can make you feel better

Sometime participation in an Anger Management Program is part of a court order or an out of court negotiated settlement to address a charge of violence.



Group Versus Individual Treatment

The client always has the choice of treatment and some clients only feel comfortable with an individual therapist, whether it is because of the type of issues being addressed, their stage of therapy or their comfort level with other people

Group treatment is particularly effective for young people with anger management problems because it provides a place to practice new ways of managing anger and communication. It also provides young people with the opportunity to get support and information from other teenagers who are in similar situations. With the help of a therapist, the group participant has the chance to work through past anger management issues while also getting the opportunity to develop and try out new strategies for managing their anger.

The goal of the group is to handle anger more effectively through better understanding the problem and the presentation of a variety of techniques that help to cope with anger and emotional crisis. Concrete strategies are presented and practiced through a variety of methods.

Topics covered in the group include:

- Violence Prevention
- Feelings
- Six different Styles of Expressing Anger
- Skills to problem Solve Anger Solutions
- Anger Management Steps
- Coping Strategies

Attending the Group can be the first important step to managing your anger and changing your life.



Referral to Anger Management Group

Teenagers and families can self refer or referrals will be accepted from community organizations, lawyers, probation, and parole.

On receiving a referral the client is scheduled for an individual assessment session with the Anger Management Group Facilitator or other clinician to ensure appropriateness of the referral to the Group.

Clients being seen by other clinicians in the practice may be referred directly into the Group on consultation with the Facilitator.

