



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

The group lasts for 6 weekly 75 minute sessions and each group member commits to attending all 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 for 6 weekly sessions for a total of \$210. 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

Turning Your Life Around



Quinte Assessment and Treatment Group Inc.

&

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.

208 John Street
Belleville ON
K8N 3G1

248 Church Street
Belleville ON
K8N 3C5

613-966-4262

Fax 613-966-4265

qcs@qxplere.com

www.qxplere.com

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 people and in some cases can result in a criminal offence.

You have a problem with your anger, if over the years your words and/or actions have caused pain or hurt to other people in your life. By carrying around your anger you are probably hurting yourself through stress, ulcers, chronic muscle tension, high blood pressure, and headaches. Anger also create 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

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

An Anger Management Group provides a unique opportunity for feedback from one's peers and as facilitated by a skilled clinician can be especially helpful in balancing support with accountability to promote effective changes in behaviours. The Group is often useful in conjunction with individual therapy for addressing broader personal and interpersonal relationship issues.



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 people with anger management problems because it provides a place to practice new ways of managing anger and communication. It also provides people with the opportunity to get support and information from others 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 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, including role plays.

Objectives for clients in the Group are to

- Examine his/her anger management skills
- Learn key terms and definitions related to the basic states of anger.
- Understand the role of his/her own negative attitudes in their conflicts with others and the means of changing them.
- Understand the role of fear and jealousy
- Learn to identify their anger triggers
- Learn how to replace their current negative methods of dealing with their anger with more appropriate and effective techniques.
- Learn and practice new and more effective communication and behaviour.



Referral to Anger Management Group

Clients 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 Anger Management Group on consultation with the Facilitator.

