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ANGER MANAGEMENT

Alternatives

Professional Counseling, Inc.



offers comprehensive assessment and referral to a cognitive, behavioral program that utilizes a written learning component in groups with clients who are learning to manage feelings and behavior accompanying anger.

The ****anger management program** utilizes a cognitive, behavioral learning workbook that allows client's to complete modular learning assignments to achieve behavioral change through skill building exercises. The program is for anyone who is experiencing consequences from their inability to cope with anger. The consequences are often emotional, physical, legal, or interfere with our social, work, and personal relationships.

An individualized, program of length that is determined by completion of assignments and learning goals. Treatment plans are individualized. All client's complete a comprehensive intake assessment prior to entering the programs. The course is coeducational, all ages over fourteen years.

The program is based on a sliding fee scale, plus the cost of the workbook. The program length is recommended after completing the clinical assessment. Please call **357 - 7986** for further information.

Call **ALTERNATIVES (360) 357-7986**
203 4th Avenue East, Suite 301
Olympia, WA 98501

**** The Anger Management assessment and program is separate from the Domestic Violence Perpetrator Treatment Program at Alternatives**