

ANGER MANAGEMENT Syllabus

2017



Instructor Information

INSTRUCTOR	EMAIL	OFFICE LOCATION
VALLEY ANGER MANAGEMENT	Mike@Valleyangermanagement.com	19737 Ventura Blvd. # 200, Woodland Hills, CA 91364

General Information for Board of Registered Nursing

Description

Our anger management treatment Class provides techniques and knowledge needed to save your relationships by improving the understanding of your unsettled and peaking emotions. It provides with tools that enhance the ability to clearly communicate with others. It teaches the correct way to express anger so that it is constructive and not destructive. What you learn during our in-person, anger management counseling improve relationships with friends and family, bosses and co-workers.

3-8 Hours Course

- Origins of Anger, What is Anger?
- Managing Anger, Values
- Self-Talk, Negative Self-Talk
- Communication (Aggressive, Passive Aggressive, Assertive)
- Self-Awareness, Rational Thinking, Emotional Thinking & Self Analysis
- Toxic Language
- Boundaries, Red flags

Extra Hours If needed:

- Time Management; Good & Bad stress management
- Differences Between Men and Women
- Workplace Anger Management
- Relationship Management & Communication

Should you have any further questions, comments, information, please contact me at

818-704-8116.

Respectfully,

Shohreh Azima, D.CON.S., LMFT., CDVF.

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