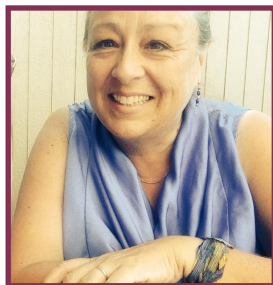


INNOVATIVE APPROACH

In addition to typical classroom discussions, Anger Management Solutions uses an innovative approach by having enrollees watch suitable movies that provide examples of anger management situations.

This is immediately followed by a group discussion of what was seen in the movie, how it relates to anger management, what anger management tools could be used to change the situations and how those tools might apply to a real life situation for the enrollees.

The movie viewing and discussion takes place in one four-hour session either at a theater or in a conference room setting on a TV and DVD player.



Lori Johnson is the Facilitator of the Anger Management Solutions classes, President of Johnson Mediation Services and owner of L. Johnson Consulting. Her ability and skills necessary to be an anger management class facilitator, mediator and consultant were earned while working for over 30 years as a Certified Mediator, Paralegal, Certified Community Association Manager, a Small Claims Court Field Representative, co-owner of a local book store, and a retail store manager.

If you would like to talk with us about an anger management class, what it is, what it can accomplish, or any other questions you may have, please feel free to contact us. All conversations before, during and after an anger management class are confidential.



Sessions Held at
Your Location or Ours
Livermore, California
Phone: 925-250-2680
Fax: 925-215-2286
info@angermanagementsolutions.com
www.angermanagementsolutions.com

ANGER MANAGEMENT SOLUTIONS

***TIME-TESTED
TOOLS***

***INNOVATIVE
APPROACHES***

Our Sessions are
Culturally Sensitive and
Structured to Serve
the Whole Community.

PROGRAMS

COURT REFERRALS

EMPLOYEES

MANAGERS

PROBATION

SCHOOL DISTRICTS

COUNSELORS

SELF-REFERRALS

Typical class is 1 hour weekly.

Longer and more frequent classes are available by advanced arrangement.

GROUP GOALS AND TOOLS

It is Anger Management Solutions' goal to help enrollees learn, among other things, through classroom exercises and practice to:

Identify "situational anger" that consistently results in angry responses that can lead to violent or unacceptable behavior.

Eliminate or minimize violent or unacceptable behavior.

Learn new coping skills to handle anger, stress and other feelings.

Learn new communication skills and listening techniques effectively to gain an improved communication technique.

Become aware of one's own stress and anger signals and develop the capacity to sense the mood of persons with whom they must interact.

CURRICULUM INCLUDES

COMMUNICATION

Lack of communication is the root of many troubles. Good communication is achieved when you can accurately receive and accurately send.

ANGER MANAGEMENT

Anger Management is an educational process which teaches new coping skills so you can change unacceptable behavior patterns.

STRESS MANAGEMENT

Stress is a mismatch between demands made on us and our ability to meet those demands.

EMOTIONAL INTELLIGENCE

Emotional Intelligence is your capacity to support, nurture and give to others, and to create positive outcomes in relation to yourself and others.