

Anger Management 180 Program

The 180-Program is designed using evidence-based methods of clinical counselling derived from Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT).

The group/individual therapy and psycho-education program is designed to explore anger management strategies and other related issues including alcohol and other substance use and reactive violence.

The 180-Program is delivered over a total of four sessions and covers the following areas:

The connection between thoughts, feelings and violent behaviour

The relationship between communication, gender roles and behaviour

Reactive relationship violence

Psycho-education around strategies on stress reduction and emotional regulation

Exploring the origins of violence and abuse, and other conditioned behaviours

Evaluation of fixed versus evolving values systems in response to violence

The link between substance use and aggression

Relapse Prevention Training.

