

Anger management (Children, adolescents and adults)

In anger management therapy, I help the client understand that it's okay to feel angry.

Anger management can help you:

- ❖ Develop appropriate ways to release anger
- ❖ Set boundaries for yourself at work and in your family
- ❖ Respect the boundaries of others
- ❖ Uncover and understand your triggers and learn how to manage them or replace them with healthier ways of coping

