



Program: Anger Awareness

For children who have been identified as needing support and tools in managing their anger. Anger awareness is a fun and engaging program uses various methods of therapeutic interventions including:

- Strengths Based Therapy
- Psycho education
- Emotional Focused Therapy
- Expressive/Art Therapy
- Interactive Learning
- Group conversation/sharing

Every attempt is made to include the parent for the last half hour of each session to give an overview on what has been learnt or adapted to group needs.

Who is the Target: Boys or girls 11-12 (Can be adapted to suit all ages)

Outcomes: Anger awareness and tools to identify and prevent the unwanted behaviour from escalating.

Group Work: Yes or individual

Duration of Session: 2 hours

How many sessions: 6

How many participants maximum and minimum per group: 8

Cost: Through negotiation

Includes

- 6 x 2 hour face to face sessions
- Two facilitators
- Administration costs
- Course resources
- 16 hours school/teacher/parents liaison time

What is required from schools? Venue, registration, referrals

To enquire further or make a booking please phone Donna Mahoney on 0414 480 934 or email adminteam@innatetherapies.com