

Notes:



Chesapeake

Integrated Behavioral Health
(CIBH)

Adult Outpatient Services

Women's Anger Management (WAM)



Chesapeake Integrated
Behavioral Health

224 Great Bridge Blvd.
Chesapeake, VA 233320

Main Number: 547-9334
Appointments: 819-6104
CRISIS: 548-7000

“What is this class all about ???”

Anger does not equal Aggression!!!

Group Leaders: Julie Fauber, LPC, ATR-BC
Poythress Mitchell, LPC

- **Anger is a FEELING**
- **Aggression is a BEHAVIOR**

In this class you will:

- 10 Week Course
- Every Thursday
- 3:45-5:00 PM
- Some homework
- \$10.00/session
- Confidential
- Proof of attendance
- Certificate
- No judgment
- Safe environment

8. Learn new meanings for key terms, including “anger”
 9. Understand why we have all of our feelings
 10. Learn to use anger in a positive way and not to avoid it
 11. Learn how anger, felt too intensely and frequently, can harm your health
 12. Understand that aggression has worked in the past and has tricked your brain into going back to this behavior
 13. Monitor intense feelings and how to recognize clues early
 14. Learn techniques that can be used in the heat of the moment and as a preventative
 15. Understand that anger progresses in phases and can be used in a positive way early
 16. Learn to change what you are thinking, to change your behavior
1. Learn how to be assertive in order to avoid aggression
 2. Learn how to resolve conflict
 3. Learn positive ways to communicate
 4. Learn healthy boundaries and how to set limits with those that take advantage
 5. Learn how your family contributed to how you experience anger and express it
 6. Explore your lifestyle, identify unhealthy patterns, and practice new ways of living
 7. Learn to accept your feelings, take responsibility for past behavior, and feel confident that you can manage how you experience anger

“The way you express anger is learned, therefore it can be changed.”

