



**Outlook Associates  
of  
New England**

## Anger Management Program

Many individuals have difficulty managing angry feelings in the workplace or in their personal lives. For these persons, Outlook Associates of New England provides an anger management program that consists of 12 weekly 1½ hour psycho-educational group sessions. Women have the option of joining a women's-only anger management group.

Participants gain tools and techniques that enable them to:

- **Understand the roots of their anger**
- **Assess the impact of anger in their lives**
- **Express feelings of anger more appropriately**

In addition to the 12 weekly sessions, the program includes up to 2 hours of individual evaluation and assessment and an exit interview upon program completion. Individual sessions are also available.

How is our approach different from other approaches?

- Our anger management model is based on the most up-to-date research and principles, and addresses the complexity of the issue in an easy to understand and structured way.
- Our effective model provides specific techniques that can be used immediately.
- We have over 35 years of combined experience as practicing clinical social workers in a variety of settings and with diverse groups of people.

### **Other Outlook Associates services:**

#### **Therapy**

We provide treatment services for individuals, families and couples on issues that include:

- Addictions
- Depression, grief and loss
- Conflict resolution
- Adolescent anger management
- Anxiety
- Relationship and family problems

#### **Corporate Trainings**

We provide corporate workshops and individual consultations on issues that include:

- Anger management for employees
- Supervision of the angry employee
- Stress management / burnout prevention
- Preventing aggression in the workplace
- Effective communication skills
- Workplace trauma debriefings