

## How to help clients with their anger - a therapist's toolkit

Monday 31<sup>st</sup> January 2022

| Time              | Session                                                                                                                                                                                                                                                                                                                        |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9.30am            | Welcome and introductions                                                                                                                                                                                                                                                                                                      |
| 9.30am - 10.15am  | <p><i>Introduction - Anger Management: What it is and what it isn't</i></p> <p>What will be covered:</p> <ul style="list-style-type: none"> <li>• Key skills in anger management</li> <li>• Practical use of the Citizen ETU anger formula</li> <li>• Understanding difference</li> <li>• Anger tools and resources</li> </ul> |
| 10.15am - 10.30am | Live Q&A Session                                                                                                                                                                                                                                                                                                               |
| 10.30am - 11.15am | <p><i>Holistic Approach - Anger: An Environmental Approach</i></p> <p>What will be covered:</p> <ul style="list-style-type: none"> <li>• The 'Stress-o-meter' of life</li> <li>• Working with children and young people</li> <li>• Anger tools and resources</li> </ul>                                                        |
| 11.15am - 11.30am | Live Q&A Session                                                                                                                                                                                                                                                                                                               |
| 11.30am - 11.45am | Break                                                                                                                                                                                                                                                                                                                          |
| 11.45am - 12.30pm | <p><i>Practical Tools - Anger: Managing Triggers and Hot Buttons</i></p> <p>What will be covered:</p> <ul style="list-style-type: none"> <li>• Tried and Tested Ways that help clients with their anger</li> <li>• Case Studies and Practical Examples</li> <li>• Anger tools and resources</li> </ul>                         |
| 12.30pm - 1.00pm  | Extended Live Q&A Session                                                                                                                                                                                                                                                                                                      |
| 1.00pm            | Event Close                                                                                                                                                                                                                                                                                                                    |