

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

Tuesday 29th September 2020

Time	Session
9.30am	Welcome and introductions
9.30am - 10.15am	<i>Introduction - Anger Management: What it is and what it isn't</i> What will be covered: • Key skills in anger management • Practical use of the Citizen ETU anger formula • Understanding difference • Anger tools and resources
10.15am - 10.30am	Live Q&A Session
10.30am - 11.15am	<i>Holistic Approach - Anger: An Environmental Approach</i> What will be covered: • The 'Stress-o-meter' of life • Working with children and young people • Anger tools and resources
11.15am - 11.30am	Live Q&A Session
11.30am - 11.45am	Break
11.45am - 12.30pm	<i>Practical Tools - Anger: Managing Triggers and Hot Buttons</i> What will be covered: • Tried and Tested Ways that help clients with their anger • Case Studies and Practical Examples • Anger tools and resources
12.30pm - 1.00pm	Extended Live Q&A Session
1.00pm	Event Close