

# Northern Frontiers Mediation & Counselling Anger Management Action Plan

**A**ction  
**C**hanges  
**T**hings



***It may not surprise you to hear that Anger has a bad rap!***

But are you surprised to learn that Anger is a completely normal healthy human emotion that we all experience from time to time. It's quite powerful - and it has a purpose. If you find yourself 'losing it' when you become angry it doesn't necessarily mean you have an anger management problem. If it's happening regularly there could be an underlying issue that needs to be explored.

One of the functions of Anger is to alert us to situations that are not quite right for us and need our attention. Everyday life issues can trigger our Anger. The car not starting; kids not doing as they're told; arguing with a loved one; job-hunting, inconsiderate drivers or being hit with an overpayment – any of these events may leave us feeling angry.

The human body is not designed to tolerate Anger indefinitely. Letting anger-related issues go unresolved can lead to serious problems.

***Problems arise when we don't manage ourselves well under the influence of Anger.  
The way we choose to act can either help or harm us.***

## **When to Seek Help**

If you or a loved one is experiencing any of the following, now is the time to seek help.

- A pattern of angry outbursts or erratic behaviour
- Struggling to remain calm in discussions or negotiations
- Obsessing about things: "I should be doing better." "You should be doing more..."
- Repeatedly blaming others when it is not their fault
- Using absolutes: "Everyone hates me." "You never listen to me."
- Frequent substance abuse
- Becoming violent under the influence of alcohol
- Difficulty expressing emotions in a calm manner
- Ignoring requests to speak about Anger
- Withdrawing from loved ones

## **PROFILE**



**Melinda Bailey**

- Senior Counsellor
- Family Dispute Resolution Practitioner
- Parenting Consultant
- Bachelor Social Science
- Post Grad Diploma Family Dispute Resolution

Melinda has 20+ years counselling experience working with people from a broad demographic across a wide range of life issues.

For further information call  
**1300 90 81 70**

or our centralised appointment line  
**0419 531 269**

Email: [reception@northernfrontiers.com.au](mailto:reception@northernfrontiers.com.au)  
[www.northernfrontiers.com.au](http://www.northernfrontiers.com.au)

# Northern Frontiers Mediation & Counselling

## Anger Management Action Plan

Because everyone's life experiences and reasons for becoming angry may differ, Northern Frontiers offers an individualised Anger Management Action Plan.

The programme consists of 8 (eight) weekly sessions with an experienced counsellor. Your needs will be carefully assessed and evaluated for the purpose of developing an Action Plan that may also involve referral to other specialist services.

Overview of Sessions			
<i>*8 Week Anger Management Action Plan</i>			
Session	Topics	Duration	Cost
1	Needs Assessment and Evaluation (exploration of the cause/s of your Anger)	60 mins	\$110
2	Education around the nature of Anger	60 mins	\$110
3	A List of Problems (identified by you with your counsellor)	60 mins	\$110
4	Your Goals and Objectives	60 mins	\$110
5	An Actions List (things you must do)	60 mins	\$110
6	A Record of Progress (recorded by your counsellor)	60 mins	\$110
7	Regular Review of your Action Plan (by your counsellor)	60mins	\$110
8	A Maintenance Plan (developed by you and your counsellor)	60 mins	\$110

\* Sessions last for 60 minutes and cost \$110 per session. A 10% discount applies when paying for all 8 sessions prior to commencement of the programme which must be completed within 8 weeks.



### How to enrol

To enrol in our Anger Management Action Plan simply contact us, details below:

For further information call

**1300 90 81 70**

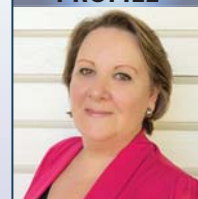
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