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# Northern Frontiers Counselling Anger Management Program 2025 Brochure

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

The program consists of 4 sessions, completed either weekly or fortnightly, and conducted by an experienced Counsellor. Your needs will be carefully assessed and evaluated for the purpose of developing a customised program that may also involve referral to other specialist services.

## Overview of Sessions *Individual 4 session Anger Management Program*

| Session | Topics   | Duration      | Cost* |
|---------|--|---------------|-------|
| 1       | This is a tailored program that will cover the following topics throughout your sessions: <ul style="list-style-type: none"> <li>Needs Assessment and your thoughts about Anger</li> <li>The purpose and nature of Anger</li> <li>Identifying high risk situations</li> <li>Communication styles and how they relate to Anger</li> <li>Managing Anger through assertiveness</li> <li>Development of a Maintenance Plan (by you and your Counsellor)</li> </ul> | Up to 50 mins | \$220 |
| 2       |  | Up to 50 mins | \$220 |
| 3       |  | Up to 50 mins | \$220 |
| 4       |  | Up to 50 mins | \$220 |
| Report  | The Counsellor can prepare a report within two business days of completion of Session 4, outlining their conduct and completion of this program. The cost of this report is \$150.00 (inc. GST)  |               |       |

The cost of each session in the Anger Management Program is \$220.00 and there is a \$150.00 fee to prepare a Letter of Completion that you can provide to your legal representative / the Court (if required only). The total cost of the program is \$880.00 (including Letter of Completion it is \$1030.00).

If you make full prepayment, you'll receive a 5% discount (total cost becomes \$836.00, or \$978.50 if you would like the Letter of Completion). Otherwise, feel free to pay for each session separately.

### How To Enrol


To enquire about, or enrol in, our Anger Management Program simply contact us direct on the below contact details.

|        |                                    |
|--------|------------------------------------|
| CALL:  | 1300 90 81 70 or text 0419 531 269 |
| EMAIL: | reception@northernfrontiers.com.au |
| WEB:   | www.northernfrontiers.com.au       |



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## Northern Frontiers Counselling Anger Management Program 2025 Brochure



*Has someone  
expressed concern  
about your behaviour?*

Northern Frontiers Mediation & Counselling provides an intensive four (4) session individualised Anger Management Program. This is suitable for those that have been instructed by the Criminal Court, their lawyer or simply off their own back to complete an anger management related program, and/or have a specific timeline they are working towards. Our Anger Management Program is provided over four (4) sessions and is tailored specifically to your situation.

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.

### **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

|        |                                    |
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