

Integrated Therapy Center

presents

Anger Management for Men

Presented By:

MICHAEL CONSIDINE, MA, LPC • INTERGRATED THERAPY CENTER

108 Fairway Terrace
Mt. Laurel, NJ 08054
856-787-7150 ext. 248

WHO IS MICHAEL CONSIDINE?

Michael is a NJ Certified School Psychologist and Licensed Professional Counselor. He performs evaluations for ITC such as neuropsychological, ADHD, learning/ academic, and standard psychological batteries. He works with children of all ages, families, and couples with a wide range of emotional and behavioral issues. Michael gained his Master's degree from Georgian Court College Graduate School in New Jersey and is presently working on his Doctorate in Clinical Psychology at Chestnut Hill College in Philadelphia.

WHAT IS ANGER MANAGEMENT FOR MEN?

Anger Management for Men is a group therapy experience that is ideal for men who wish to gain control over their anger. Through this cognitive behavioral group experience, members begin to "think about their thoughts" and learn how to manage their anger and channel it in healthier ways.

A new, powerful way to teach alternative anger control techniques

SCHEDULE OF SESSIONS:

Anger Management For Men will be presented in a series of 8 Tuesday sessions.

Time: 6:00-7:00pm

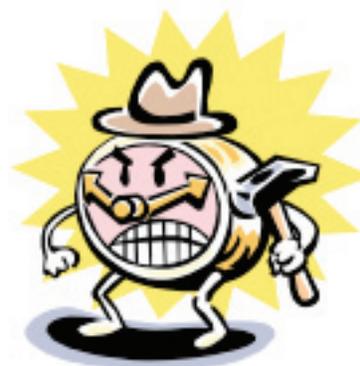
Part I: Presentation Topics:

What is anger?

Why do we become angry?

When is anger healthy?

How do I become angry?



Part II: Group experience:

In the group experience, we will process Part I and talk about the anger of each group member. We will discuss how anger has played a role the life of each group member and process alternate methods of coping with anger

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Anger Management for Men *continued*

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Fee schedule:

- Group sessions amount to \$350.00 for eight sessions (includes materials)
- Half payment due upon session one and the balance is due upon session four
- 10% discount for full payment upon session 1

Session Dates:

Tuesday Oct. 5, 6:00-7:00PM
Tuesday Oct. 12, 6:00-7:00PM
Tuesday Oct. 19, 6:00-7:00PM
Tuesday Oct. 26, 6:00-7:00PM
Tuesday Nov. 2, 6:00-7:00PM
Tuesday Nov. 9, 6:00-7:00PM
Tuesday Nov. 16, 6:00-7:00PM
Tuesday Nov. 23, 6:00-7:00PM



Group sessions are limited to 8-10 members. New groups will be formed as needed

For more information or directions, please call 856-787-7150

Thoughts on Anger:

It is important to understand that anger is an emotion that one will experience. People will feel anger much like they will feel happiness, sadness, and fear. It is important that anger is felt and to be angry is OK. However, what one does with their anger may not always be OK.