

# Anger Management Two Day Intensive Workshop

at



By

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This is a two day intensive group experience to help veterans focus on identification of challenges, goal-setting and exploring positive life style changes associated with anger and anger management. Day one looks at assessing the scope of the problem (physically, psychologically, socially and spiritually), identifying and working with triggers associated with anger and exploring the anger/aggression cycle. Day two looks at strategies to manage anger including aspects of healthy communication and listening, exploring problem focused and emotion focused aspects of active coping and developing cognitive flexibility through a framework for cognitive reappraisal. Components of this workshop include Equine Assisted Learning which utilizes horses as partners for emotional growth and learning in humans. The focus is not riding or horsemanship. All activities take place on the ground. No horse experience is necessary. After exercises with the horses, there is time for reflecting on the experience, processing through group discussion and peer support and looking at applying what was discovered at home and in other life areas. Lunch and snacks are included.

For more information contact:

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