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Anger management counselling: the essentials

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My main approach is informed by three core ideas:

1. **Anger is a healthy, useful emotional process that some people sometimes use in unhealthy or useless ways.** Except in cases where there is a pattern of domestic violence or abuse, it is for you to judge what is useful or useless for you and the people around you.
2. **For many people, the mismanagement of their anger is a sign that some of their important needs are not being met.** You might not be satisfying some of your basic emotional needs possibly because you prioritise the apparent needs of others (perhaps by being over-pleasing) or you mistakenly under-value your own unexpressed needs.
3. **Anger always has a social purpose for the angry individual, but troublesome anger usually indicates the individual's goal is based on a mistaken belief or faulty perception.** This is hard to bring to self-awareness when angry, as the high level of emotional arousal reduces logical thinking and common sense. Well-managed anger involves feeling and thought working together to bring about a desired achievable change.

Starting-points: where you stand

- Anger management is about your choice to make one change in your life: **to use anger differently from now on** – or stop becoming angry in the first place. No-one else makes this change happen. It is a self-managed project involving conscious intention and a plan of action. My task is to map it out with you and provide the right tools for the job, with problem-solving support as necessary.
- If you dislike plans and tools, that's fine. I don't adopt a 'one-size-fits-all' method: what I provide is tailored to suit you personally in your particular circumstances. Between us we will work out what 'makes your anger tick', and then aim to set it to tick in a helpful way.
- I believe there is nothing 'deficient' or 'weak' in a woman or a man seeking help with their problematic anger. On the contrary, it is both intelligent and courageous to ask for skilled assistance in dealing with such a powerful emotion.

The process: what will happen

- The initial session is conversational and informal. I use a set of simple questions to assess how your everyday needs are being met and to ascertain the nature of the problem as you see it.

continued:

- I will enquire about your general health and well-being, and ask about any recent bereavements or other highly stressful events in your life, both past and present.
- We will talk practically about relaxation, exercise, diet and sleep, as well as drug use.
- I will ask you to tell me about your current household situation or accommodation arrangements, also about your work/occupation, and a little bit about your family of origin and social/cultural background.
- A few people are surprised to find that one session of anger management is enough to resource them and put them on the right track. Others come for 3 to 6 sessions or sometimes a lot more. I will guide you on making a choice about how many times to attend and how frequently*, but of course the final decision is always yours.
- Immediate and lasting benefits can be obtained by learning about the basic psychology of anger, doing focused breathing exercises, increasing sensory awareness (very important!) and using cognitive and behavioural therapeutic techniques aimed at creating new habits for your mind and body. All this takes practice. **Managing anger is practical not magical.**
- Only in extreme cases is anger management a deadly serious business! While acknowledging that you are taking deliberate measures to solve a problem which may have had hurtful or damaging consequences, it helps to have a sense of humour about yourself. Laughter is therapy too, and is definitely helpful in managing angry feelings.
- The primary therapeutic advantage of anger management counselling is an increased sense of **calm and rightful ownership of your feelings** – you use your anger instead of being used up by anger – which leads to improved emotional confidence in your relationships of all kinds.



Fee

My fee is **£60** for one hour and **£90** for 1½ hour sessions.

*Regular weekly sessions might not be possible if you work shifts or your job involves travelling – in most cases I am able to be flexible with appointments to suit your requirements.