



# Anger Management Coping Skills Group

*Intense anger can be a powerful and overwhelming experience. Unregulated, anger can lead to verbal and physical aggression that can interfere with jobs/career, physical health, and relationships with our partner, children, family, friends and peers.*

Pauquette Center for Psychological Services  
Phone: 608-643-3147/Fax: 608-643-3178

This group will help you identify anger cues and teach ways to regulate your angry emotions and thoughts, reduce the physical sensations caused by anger, express frustration more effectively, and learn ways to avoid making things worse.

The focus of the group will be understanding your own anger and learning and applying strategies to regulate emotions based on Dialectical Behavioral Therapy and solid evidence on the treatment of anger.

This might be a good group for you if:

- You have a hard time regulating emotions of anger, frustration, irritation.
- You become aggressive (yell, are sarcastic, make obscene gestures, hit/break objects, slap/hit others\*)  
*(\*If you have a history of violence with your spouse/partner, the Pauquette Center offers other more appropriate groups that specialize in learning how to manage thoughts and emotions that lead to domestic violence.)*
- Anger interferes with important areas of life, including relationship, job/career, financial, spiritual, or health goals.
- You can join via telehealth and participate in group discussion.
- You are motivated to change.
- You are willing to complete readings and exercises outside of class each week.

**Meetings.** Via Telehealth Tuesdays from 5:30 pm – 6:45 pm for 13-14 weeks. The exact start date will be determined after receiving sufficient referrals.

**Prerequisite.** Participants will need to purchase the following workbook: The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation to Manage Anger by Alexander L. Chapman, PhD, Rpsych and Kim L. Gratz, PhD. Cost is about \$23.00.

### **Referral Process.**

*If you are already a client at the Pauquette Center, speak to your therapist about the group and being referred.*

*If you are not a current Pauquette Center client, please complete the External Referral form and fax it to the Pauquette Center at 608-643-3178. Those referred will be contacted and scheduled for a short screening to provide background information on and determine if the group would be a good fit. If you are a good fit, you will be required to complete new client paperwork, an intake and a treatment plan.*