

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 Referral Form on the Website at www.pauquette.com (go to Services>Group Therapy>Anger Management). 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.



Contact Us



Office

50 Prairie Avenue
Prairie du Sac, WI 53578



Phone

(608) 643-3147



Fax

(608) 268-9780



Website

www.pauquette.com



Email

info@pauquette.com



**PAUQUETTE
CENTER**

*Psychological Services
Family Counseling*

**Anger
Management
Coping Skills
Group**

*SERVICE OF
COMMUNITY SERVICE ASSOCIATES, SC

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 and cause you to feel guilt and/or shame.

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

The goal of the group is to help you understand your anger and learn and apply strategies to more effectively manage 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/exercises outside of class each week.

Meetings:

Via Telehealth, Tuesday evenings for 13 weeks. The exact start date and time will be determined after we receive 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.

