

# ANGER MANAGEMENT GROUP

Anger is associated with conflict, frustration, irritability and negative effects on personal, social, and professional relationships. It also has negative, long term health consequences such as hypertension and coronary disease, from which 50 million adults in the United States suffer. It limits one's ability to enjoy a full life and fulfill their potential.

Symptoms of anger that will be addressed in the group therapy include:

- Feelings of antagonism towards significant others, family, friends, or co-workers
- Frustrations that tend to escalate to anger
- Interpersonal conflicts that both contribute to and result from anger
- Stress, muscle tension, hostility, accelerated breathing, and anxiety

Learn the skills to reduce your anger in this ongoing group that utilizes Cognitive-Behavioral Therapy (CBT) and Mindfulness Based Stress Reduction.(MBSR). CBT has proven to be highly effective in the treatment of anger and the prevention of relapse. CBT does not require the use of medications, but can be helpful for those who are taking medications.

Participants will learn to:

- Apply relaxation techniques such as breathing and visualization
- Gain understanding of the situations in which anger tends to occur
- Identify and modify thoughts and behaviors that lead to anger
- Develop new methods, activities and strategies that reduce anger
- Develop coping and assertiveness skills for dealing with frustrations
- Learn and apply empathy, compassion, humility, and gratitude practices

**Group** Shani Robins, Ph.D. (PSY 18795) is a licensed psychologist and has conducted individual and group therapy with a wide range of clients for 15 years. He is an instructor at Stanford University, and a director of graduate clinical training,.

**Where:** Wisdom Therapy Institute  
Palo Alto, CA

**When:** The group will meet once a week, Wednesdays at 6:00 pm and will begin September 9.

Please contact Shani Robins, Ph.D. at (650) 490.0069 or [shani@wisdomtherapy.com](mailto:shani@wisdomtherapy.com) for additional information about the group.

**Fee:** \$65 per session (90-minute sessions). Discounted to \$55 if paid monthly. Initial individual consultation session required prior to start of group.