



Anger Management Group

Times Offered: Tuesdays 9am and 6pm, 1-hour sessions

Material: SAMHSA Workbook

- Session 1: Overview of Anger management + Events and Cues
- Session 2: Anger Control Plans + The Aggression Cycle
- Session 3: Cognitive Restructuring + Review #1
- Session 4: Assertiveness Training + Conflict Resolution Model
- Session 5: Anger and the Family
- Session 6: Review #2 + Closing

Price: \$50 per Session; 6 Sessions Total

Format: Telehealth

Clients can contact me via email: wisniewski.mwcounseling@gmail.com or they can access my Client Portal to schedule a free 15 minute consultation with this link <https://mwcounselingohio.clientsecure.me>.

Note* Clients will be directed to complete their profile in Client Portal if they email me; so, it will save them time if they access Client Portal first.

A max group is 15 participants. If I have availability, I can offer individual sessions for additional clients if/when a group is full. If a client is beyond 10 minutes late, they will have to reschedule their session.

New clients may attend at any point during the group because the content repeats every 6 weeks. Court mandated clients must complete all 6 sections of the group to receive a certificate of completion. If a group member cancels, they have two options: wait six weeks to make up the session or schedule an individual session to make up the session. You have the right to quit the group at any time. Clients must be in a private setting when logging onto group meetings.

Due to the quantity of clients who can be seen in a group, and the criteria that court mandated clients are required to attend individual counseling as well, there may be a time when I must waitlist clients for individual counseling and see them for Anger Management groups only. If a time comes when I can no longer see clients for individual counseling, I must refer them to another practice or agency.