

LET'S GROW YOUR BUSINESS

We have services tailored to meet the needs of professionals, organizations, and individuals. From in-person, classroom, or virtual meetings, our goal is to provide the most effective means of training at the highest level. Here's what we have to offer.



CONTACT US

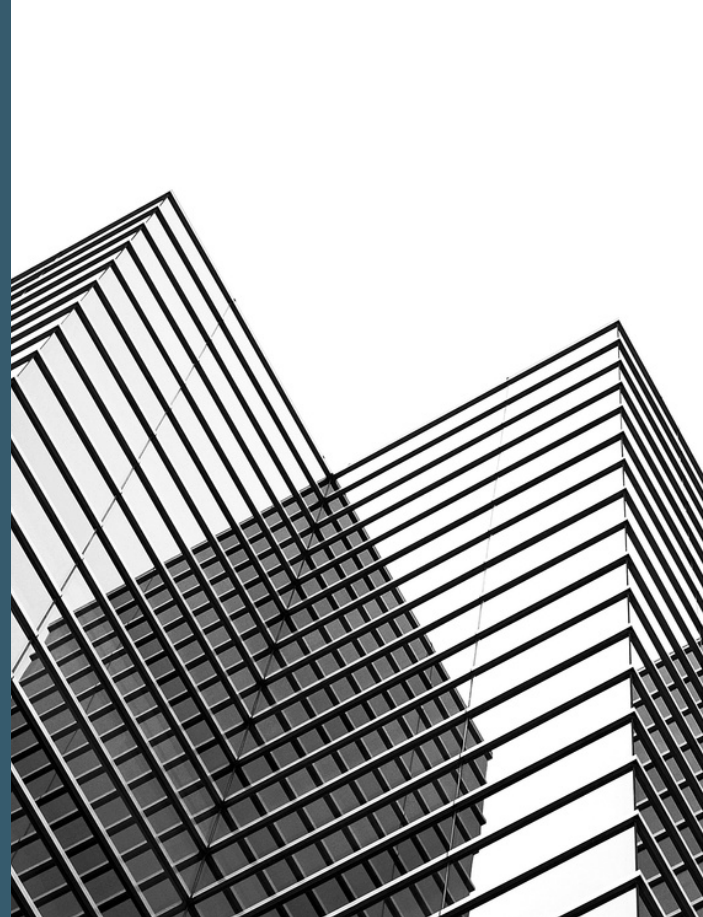
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ANGER MANAGEMENT

SYNOPSIS

Anger is a normal, healthy emotion when acting within reason. However, when anger influences a person to act out of control, becoming destructive, it can cause problems in their day-to-day living. Areas affected by anger are: work, school, and personal relationships, which can lead into legal issues. This course sheds light on unresolved issues of anger, encourages understanding of anger, and provides tools and techniques to mitigate uncontrollable anger. This is a 10-part, 1.5 hour weekly course with the goal of assisting the individual in becoming conscious of their inability to control their anger.



COURSE TOPICS

- Overview of Anger Management
- Dynamics of Anger
- Developing a Plan to Managing Anger
- How to Change the Cycle
- The A-B-C's
- Anger and Family

“
HOLDING ON TO
ANGER IS LIKE
DRINKING
POISON AND
EXPECTING THE
OTHER PERSON
TO DIE.

”

-BUDDHA

WORKSHOPS

At Crimson Clinical Services, we strive to equip mental health professionals and civil servants with the tools and resources needed to effectively interact with customers and patients ethically and respectfully. Our training curriculum is customized and can be presented virtually or on-site. Contact us for more information; we look forward to serving you!