

Art Prennace, LPC

Psychotherapist

New Perspectives
Through Compassionate Listening

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Anger Management/Domestic Violence Training Workshop

OVERVIEW:



TIMES: Call for intake and appointments
DATES: To Be Arranged. Call to schedule.
Location: 1100 Round Rock Ave. Suite 112 Round Rock, Texas



Art Prennace, LPC will provide an intensive 4 session Anger Management/Domestic Violence Workshop. In the workshop, participants will learn skills for the prevention, containment, and resolution of anger. Through prevention training, participants will learn ways *not* to get angry even when they could. Containment training will involve learning skills to control anger. Resolution training will involve learning ways to harness the energy from anger in more constructive ways. Before the first session, participants will need to schedule a 1½-hour individual interview.

OUTLINE:

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| Session 1: How anger messes up your life
Climbing down the anger and violence ladder
Accepting reality | Session 3: Changing what you do
Changing how you think
Changing your spirit |
| Session 2: Prevention techniques
Controlling your emotions and noticing other feelings
Problem solving | Session 4: Shame-rage and paranoia
Understanding others better
Where do you go from here |

COSTS:

- Individual Intake: 1 ½ hours \$150
- \$100.00 per 2-hour individual session (four required)
- Required workbook: Stop The Anger Now, by Ron Potter-Efron Price: \$20.00 (Available at my office or at Amazon.com)
- Total Cost \$570
- A graduation certificate will be issued to persons who complete all 4 sessions.

Please be punctual. Sessions are educational in nature. Questions are welcome. Interactive participation is encouraged.

Please call to register for the next workshop at (512) 341-2155