



Anger & Conflict Management Resource Guide (Denver-Area)

About This Guide

This guide highlights evidence-based* anger and conflict management programs available in the Denver Metro area. It includes in-person, online, and youth options — with special attention to individuals navigating neurodiversity (ADHD, autism, and related conditions) and those managing alcohol or substance-use challenges.

*Information is current as of **October 2025** and based on verified community listings and best-practice research.*

1. Evidence-Based Programs offered in-person

- **The Conflict Center**
Denver, CO | conflictcenter.org | (303) 433-4983
Adult and youth anger/conflict classes emphasizing communication and relationship skills.
Sliding scale available.
- **Rocky Mountain Counseling Collective**
Denver, CO | rmcchealth.com | (720) 252-0345
Therapeutic anger management using CBT, ACT, and DBT, suitable for ADHD and emotional regulation issues.
- **Creative Treatment Options**
Arvada/Lakewood/Commerce City | creativetreatmentoptions.com | (303) 467-2624
12–24 week anger management program integrated with substance-use support. Includes role-play and relapse prevention.
- **Front Range Counseling / Denver Anger Management**
Denver & Littleton | denverangermanagement.com | (303) 933-5800
12-session program for anger regulation and conflict skills, uses neuroscience-based ASCEND Method®.
- **Ipseity Counseling Clinic**
Denver, CO | ipseitycounselingclinic.com | (720) 507-8170
Group and individual anger management therapy; initial consultation required.

- **Radiant Minds LLC**
Denver Metro | radiantminds.pro | (720) 507-1658
- Dual-diagnosis care for ADHD, anger, and alcohol/substance-use issues using CBT framework.
- **Denver Counseling Group**
Denver, CO | denvercounselinggroup.com | (303) 495-1769
Specializes in ADHD-informed anger management and emotion regulation for adults.

2. Online & Court-Approved Programs

- **5280 Human Care Center**
5280humancarecenter.com | (303) 872-0724
Colorado-approved online anger management courses. Affordable and flexible scheduling.
- **Course for Anger**
courseforanger.com
Self-paced online anger management class recognized by Colorado courts.
- **Adaptive Skills**
adaptiveskills.com
Court-approved online anger management classes; prices vary by length.
- **Anger Masters**
angermasters.com
Low-cost online courses approved for compliance requirements.
- **Mastering Anger**
masteringanger.com
Online anger classes meeting court and probation standards.
- **Institute for Specialized Alternative Education (ISAE)**
isaeonline.com | (888) 565-1900
Conflict Intervention Program for adults and youth; available in-person and virtually.

3. Youth & Family Programs

- **The Conflict Center (Youth)**
conflictcenter.org/programs-training/youth/

5-week 'Rethinking Conflict' course for ages 11–18; includes parent participation.

- **Believing in Kids and Families**
bikaf.com | (303) 794-7008
Therapy for youth emotional regulation and family conflict; accepts major insurance.
- **ISAE (Youth Conflict Intervention)**
isaonline.com | (888) 565-1900
Court-approved conflict program for teens and families; virtual or in-person.
- **Ipseity Counseling Clinic (Youth)**
ipseitycounselingclinic.com | (720) 507-8170
Group and individual anger management therapy for children and adolescents.

6. Programs Supporting Neurodiversity (ADHD, Autism, and Related Conditions)

- **Rocky Mountain Counseling Collective**
Denver, CO | rmcchealth.com | (720) 252-0345
CBT-, ACT-, and DBT-based therapy for anger, frustration tolerance, and executive-function regulation in ADHD and autism.
- **Radiant Minds LLC**
Denver Metro | radiantminds.pro | (720) 507-1658
Counseling for adults with ADHD, autism, and related conditions addressing anger and emotional regulation.
- **Denver Counseling Group**
Denver, CO | denvercounselinggroup.com | (303) 495-1769
ADHD-informed anger and conflict management integrating CBT, DBT, and executive-function coaching.

7. Programs Supporting Alcohol or Substance-Use Recovery + Anger & Conflict Management

- **Creative Treatment Options**
Arvada/Lakewood/Commerce City | creativetreatmentoptions.com | (303) 467-2624
Integrated anger and substance-use recovery program; 12–24 week group therapy with relapse prevention.

- **5280 Human Care Center**
Online | 5280humancarecenter.com | (303) 872-0724
Online Colorado-approved anger courses supporting behavioral change linked to substance use or DUI compliance.
- **National Institute for Change**
Lakewood, CO | nichange.com | (303) 231-0990
Therapeutic anger management and behavioral-change programs for adults with substance-use histories.

8. Recommended Books

- Anger: Wisdom for Cooling the Flames — *Thich Nhat Hanh*
Mindfulness and compassion for managing anger.
- The Anger Trap — *Les Carter*
Recognizing and changing destructive anger patterns.
- The Dance of Anger — *Harriet Lerner*
Focus on relational anger and boundary-setting.
- Anger Is a Choice — *Tim LaHaye & Bob Phillips*
Workbook-style anger management strategies.
- Crucial Conversations — *Patterson et al.*
Communication skills for resolving conflict effectively.

9. Crisis & Immediate Support

- Colorado Crisis Services: 1-844-493-8255 or text TALK to 38255
- Mental Health Center of Denver: (303) 504-6500
- SAMHSA National Helpline: 1-800-662-HELP (24/7 free and confidential)

* **Why Evidence-Based and Best Practices Matter**

Evidence-Based Practice (EBP) is a systematic, research-informed approach integrating:

1. Best available research evidence — results from well-designed studies, including randomized controlled trials (RCTs).
2. Clinical expertise — the provider's professional judgment and skill.
3. Patient characteristics — preferences, culture, and personal goals.

Examples include Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR). These have proven results for improving emotion regulation and reducing conflict.

Best Practices are methods widely recognized as effective and ethical, even if research is still emerging. They often reflect strong professional consensus or innovative adaptation for unique populations.

Difference from EBP: The distinction lies mainly in the amount of research evidence, not in the effectiveness of the approach itself.

Learn more:

- American Psychological Association – Evidence-Based Practice in Psychology:

<https://www.apa.org/practice/resources/evidence>

- SAMHSA Evidence-Based Practices Resource Center: <https://www.samhsa.gov/resource-search/ebp>

- National Institute of Mental Health – Psychotherapies:

<https://www.nimh.nih.gov/health/topics/psychotherapies>