




Seasons Counseling Center

Understanding Anger & Building Skills Beyond the Reaction

Helping Children & Adolescents Move from Big Emotions to Healthy Expression 

Anger Is a Feeling – Not a Problem

Anger is a natural emotion. For many children and teens, anger is how stress, fear, hurt, embarrassment, or frustration show up on the outside. Therapy helps uncover what is beneath the anger and teaches safe, effective ways to respond.



Therapy Helps Children Learn To:






- ✓ Pause instead of react
- ✓ Understand what triggers strong emotions.
- ✓ Express feelings without hurting themselves or others
- ✓ Develop self control and confidence
- ✓ Build resilience for school, home, and relationships.

When we look beyond the behavior, we can teach skills—not punish feelings.

Skills We Teach to Move Beyond Anger

- ✓ Pause instead of react
- ✓ Understand what triggers strong emotions
- ✓ Express feelings without hurting themselves or others
- ✓ Develop self control and confidence
- ✓ Build resilience for school, home, and relationships
- ✓ Feel understood rather than judged


What Anger May Really Be Saying


-  **Emotional Awareness**
Helping children recognize early signs of frustration and name what they feel.
-  **Body Regulation Tools**
Breathing, grounding, and movement strategies to calm the nervous system.
-  **Healthy Expression**
Learning how to communicate needs, worries, and frustrations safely.
-  **Problem-Solving Skills**
Building flexibility, coping strategies, and confidence in difficult moments.
-  **Connection Before Correction**
Strengthening parent-child relationships to create safety and trust.

Our Approach at Seasons Counseling Center

We use evidence-based approaches, including:

- Cognitive Behavioral Therapy (CBT)
- Play Therapy techniques for younger children
- Skills-tasted emotional regulation, work
- Parent coaching to support progress at home

 Call: (573) 327-9841

 <https://seasoncc.com/>