

# *HELPING YOU FIND FOCUS, STABILITY, AND CONSCIOUSNESS*

DIVERSIFIED PSYCHOTHERAPY, INC.

License: LCS 21160

Michael Nava, Ph.D., LCSW

*Court Approved Anger Management Professional (Provider #: 2417)*

## **ANGER MANAGEMENT INDIVIDUAL SESSIONS** ***Court Ordered Anger Management***

Dr Michael Nava is a Certified Anger Management Professional providing anger management classes using a court approved curriculum; "Anger Management for the Twenty-first Century." The classes will teach participants effective communication and listening techniques, skills in stress management, empathy development, judgment and impulse control, anger reduction techniques skills in self-talk and forgiveness, and much more.

Classes are designed for people who need to learn how to control their anger in a more productive and effective way. The anger management classes are ideal for self-referrals, corporate clients, business professionals; court referred clients, individuals, physicians and nurses, adolescents, couples and families as well as those interested in improving relationships with others. The classes are based on the Century Anger Management model of intervention which is a cognitive-behavioral and psycho-educationally based model using eight key tools to anger control.

Call Dr. Michael Nava at (562)743-2789 or email at [therapy@michaelnava.com](mailto:therapy@michaelnava.com) to discuss your needs and schedule an appointment. A more suitable time for your schedule may become available; check in to discuss your needs.

**A One Hour Session Is the Default Unless You Choose to Extend Session**

**Sessions are provided virtually through Telehealth**

**All Sessions Will Begin at the Scheduled Time**

**Hour Session (60 Minutes) \$90**

**Client can choose any length of time: \$90/Hour**

**Special Cases: Specify your needs and I will accommodate.**

**First Meeting** Intake Open discussion individually before Individual Sessions  
**\$140 - Usually last about 1 Hour.**

### **Assessment**

**Counts as 1 hour toward your number of required hours by Court or Referring Party.**

**Individual Sessions thereafter: \$90/60 Minute Session - Pay As You Go, For Each Session**

**Payment: Credit Authorization Form or PayPal**

**Pay at beginning of Session. To cancel your appointment, it is expected to**

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**give us 24 Hour notice. Shorter notice or no notice results in full billing for lost time. No Exceptions.**

### **WHAT YOU RECEIVE:**

**A.) Number of Hours as Required by Your Referring Party Court Ordered Anger Management Training and Education By Century Anger Management and Anderson and Anderson workbook studies. Certified Anger Management Facilitator: Dr. Michael Nava, Ph.D., LCSW (Provider #2417)**

**D.) Progress Report on letterhead, when Individual Sessions are completed with number of hours required by your referring party.**

**E.) Certificate Of Completion for # of Hours (sessions) you attended For Anger Management as approved by Century Anger Management and personally signed by Dr. Michael Nava, Ph.D., LCSW**

**F.) You receive a model of Anger Management with tools/methods that actually work. When used they will improve your interpersonal relationships in your personal, business and public like. You will be able to reduce your reaction to anger triggering events to more appropriate responses that enhance your life.**

**Classes are conducted virtually / Telehealth Modality**

### **POLICIES: ALL FEES ARE NON-REFUNDABLE**

**1. *Twenty Four Hour Notice* is required for non attendance (No Show) or payment is due and collected upon next attendance. This means if you miss your scheduled course date without 24-hour notice, then you pay for it. **To avoid simply call and let me know 24 hours in advance.** This is common courtesy and a standard professional practice. No explanation is needed. Just call to inform me you cannot make the appointment. This is a practical Anger Management!**

**2. *Certificate of Completion* is only issued upon completion of the training and full payment received.**

**3. Policies can change without notice and remain in effective for your duration of your training.**