

ANGER MANAGEMENT CLASSES

Take Control of Your Life
Court Approved

These classes teach you an effective approach to direct your anger constructively and stop the damage to your personal and professional life as a result of uncontrolled anger.

DIVERSIFIED PSYCHOTHERAPY, INC.

FOCUS, STABILITY, CONSCIOUSNESS

Michael Nava, Ph.D., LCSW



Topics

Introduction to Anger Management
Anger as an Emotion
Anger as a Physiological Response
Relaxation and Stress Management
Anger and the Family: How Past Learned Behavior can Influence your Present
Anger as a Thought Process
Events and Cues: A Conceptual Framework for Understanding Anger
Assertiveness Training: Communication Skills as an Alternative to Expressing Anger

Format

Weekly Group for 8-52 Weeks

Telehealth / Virtual Sessions
Hours by Appointment Only

Initial Consultation Fee: \$140
Weekly Session Fee: \$90

Certificate Provided
Letter Upon Request

website: www.michaelnava.com

email: therapy@michaelnava.com

CALL TODAY and Change Your Life
(562) 743-2789