



# **ANGER MANAGEMENT COUNSELLING**

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## Advanced Certificate in Anger Management Counselling

# Understand anger and help others manage their emotion as a trained counsellor

Love helping people to work through their emotional difficulties? If so, a career in Anger Management Counselling may be a perfect choice for you. This advanced certificate aims to help you understand anger, develop skills to deal with anger yourself or assist people in need.

Through nine in-depth course modules, you will be able to discuss the nature and scope of anger, understand how anger relates to violence or mental health issues, practice counselling techniques and determine the optimal response strategy.

### Did you know?

The COVID-19 outbreak leads to anxiety, panic, anger, depression and other mental health issues which likely affect 25% to 30% of the community. People with pre-existing disorders are at higher risk.



# ABOUT US

Courses4me is a new age online education company, with decades of experience in both the public and private education space. Our founders have a combined 27 years' experience in education and training and have come together to provide quality and affordable education for everyone that is looking to upskill.

Our network of partners and education providers now spreads across Australia, New Zealand and the UK. We offer hundreds of courses in a vast array of industries. From an introductory certificate to advanced courses and bespoke programs, students will receive the recognition, skills and industry insights to hit the ground running with confidence.

## Endorsement

Courses4me has established a high level of respect in academic circles within a range of disciplines in Australia and beyond.

The courses are fully endorsed by The International Approval and Registration Centre (IARC) – a dynamic, non-profit association with head quarter and administration centre in Queensland, Australia.



*Quality for Excellence in Education*

[www.iarcedu.com](http://www.iarcedu.com)

# COURSE OVERVIEW



## Duration / Study Method

The course will take approx. 300 hrs to complete.

The course is done completely online in your own time and from the comfort of your home. We offer self-paced learning and direct tutor support for each individual student.



## Payment Methods

Course Fee: \$2,600 + GST

Pay for the course upfront and receive a discount or set up an interest free payment plan today from only \$25 per week.



## Assessments

Includes case studies, quizzes and written assessments, that are marked with personalised feedback.

Problem based learning projects working one on one with your tutor.



## Support

All students have unlimited access to their very own professional tutor over the phone or via email.





# CAREER OPPORTUNITIES

By earning this certificate, learners can confidently seek rewarding employment in various organisations, either as a/an:

- ✓ Counsellor
- ✓ Support Worker
- ✓ Mental Health Specialist
- ✓ Human Resources Specialist



NO PRIOR EXPERIENCE OR  
CERTIFICATION NEEDED



FLEXIBLE PAYMENT PLAN  
(FROM \$25 PER WEEK)



LEARN ANGER MANAGEMENT  
COUNSELLING ONLINE –  
ANYWHERE ANYTIME



# Core modules

## 1 Nature and Scope of Anger

- Introduction
- The autonomic nervous system
- Anger and arousal
- Galvanic skin resistance
- Voice stress analyser
- Polygraph
- Degrees of arousal
- Difficulties of arousal theories
- Theories of emotion
- James Lange theory
- Cannon Bard theory
- Schachter's theory
- Lazarus's appraisal theory
- Weiner's attribution
- Averill's social construction theory
- Facial feedback theory

## 2 Managing Anger with Counselling

- Causes of anger
- Frustration
- Breaking personal rules
- Self defence
- Expression of anger
- Counselling strategies
- Empty chair technique
- Recognising psychological arousal
- Thought stopping
- Relaxation exercises
- Progressive muscle relaxation
- Time out
- Assertiveness training
- Three steps in assertiveness training
- Five stage assertiveness training interview
- Mental blocks to assertiveness



### 3 Managing Anger with Cognitive Behavioural Therapy (CBT)

- Cognitive behavioural therapy
- Identifying antecedents
- Assessment of anger
- Beginning therapy
- Teaching CBT
- Inferences
- Evaluations
- Chaining
- Disputing inferences and evaluations
- Independence and blocks to change
- Use of imagery
- Emotional insight
- Exposure
- Termination
- Working with anger problems in CBT
- Problems with CBT for anger management

### 4 Anger Management Techniques for Violence

- Introduction
- Anger and violence
- Appearance
- Posture
- Affect
- Speech
- Causes of violence
- Cold violence
- Hot violence
- Reactive violence
- Tips for dealing with a violent client
- Strategies for violence prevention
- Action after violence
- Managing violence against others
- Mental disorders and violence

### 5 Anger Management for People with Mental Health Issues

- DSM dimensions to diagnose mental illness
- Dementia
- Dementia and anger
- Supporting clients with dementia
- Grief
- Anxiety
- Depression
- Stages of grief
- Tasks of mourning



## 6 Managing Anger in Children and Adolescents

- Introduction
- Toddlers
- Temper tantrums
- Older children and anger
- Adolescence
- Psychological changes in girls
- Psychological changes in boys
- Depression
- Eating problems
- Adults sharing anger

## 7 Anger Management for People with Special Difficulties

- People with personality disorders
- Psychopathology
- Borderline personality disorders
- and treatment
- Psychopath and treatment
- Roid rage, symptoms and abuse

## 8 Anger Management Services

- Counselling
- Anger management clinics
- Courses and workshops
- Group and individual work
- Conflict management
- Conflict handling techniques
- Life coaching
- Setting up an anger management consultancy

## 8 Deciding on a Course of Action

- PBL Project to create and present a plan of anger management to support an individual experiencing serious anger difficulties.

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