

# Anger Management 180 Program

**The 180-Program** is designed using evidence-based methods of clinical counselling derived from Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT).

The group therapy and psycho-education program is designed to explore anger management strategies and other related issues including alcohol and other substance use and reactive violence.

**The 180-Program** is delivered over a total of four sessions and covers the following areas:

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The connection between thoughts, feelings and violent behaviour

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The relationship between communication, gender roles and behaviour

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Reactive relationship violence

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Psycho-education around strategies on stress reduction and emotional regulation

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Exploring the origins of violence and abuse, and other conditioned behaviours

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Evaluation of fixed versus evolving values systems in response to violence

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The link between substance use and aggression

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Relapse Prevention Training.

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