



Change Focus Counselling and Training Limited

Training Workshops Jan - May 2018

Workshop 3 - Anger Management Training

Trainers:	Dr Gracemary Leung, Chartered Clinical Psychologist; Mr CF Chan, Counsellor
Target audience:	Adults
Capacity:	Limited 6 participants per group
Dates:	Group A - 26 Jan, 2, 9, 23 Feb 2018 (Fridays) Group B - 2, 9, 16, 23 Mar 2018 (Fridays) Group C - 6, 13, 20, 27 Apr 2018 (Fridays)
Time:	7:30pm – 8:30pm (1 hour per session x 4)
Fees:	HKD\$4,000 for 4 sessions (for each participant)
Medium:	either in English or Cantonese, depends on group needs

Rationale and Contents

Stress does not help many who have poor EQ and often managing anger is not just a mindful activity. Learning alternative skills may be helpful to personal physical health problems.

Session 1: Establish regular pattern of negative expression of emotion

Establishing regular pattern of negative expression of emotion using an Anger Inventory. We will explore various reasons for such habit, its harm and consequences to self. Introduce methods to induce calmness, using relaxation and mindfulness training.

Session 2: Looking at A-B-C cycle of anger

Explore what we are saying to ourselves, how misinterpretation of events can affect our behavior. How do we change our perception?

Session 3: Rebuild our cycle using Positive Psychology

Rebuilding our cycle using positive psychology and alternative interpretations. Practising what you have learned.



Session 4: Explore the triggers and relationships

Exploring the triggers and relationships of these negative emotions and what can we do about changing self? Explore any further help needed.

Remark: *training venue to be confirmed, for registration or enquiry, please contact info@changefocus.com.hk*

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