

TRAINING SOLUTIONS NORTH WEST

SPECIALIST TRAINING PROVIDER

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Anger Management

COURSE OVERVIEW

This course equips delegates with a basic understanding of what anger is, and the practice tools required to intervene effectively, therapeutically and safely when a child is angry.

COURSE CONTENT

- ✓ Explain the relationship between thought, feeling and behaviour
- ✓ Insight into anger styles and types of anger
- ✓ The anger cycle
- ✓ How to understand the far-reaching impact of anger
- ✓ Intervention skills appropriate to stages of the anger cycle
- ✓ Intervention in an understanding, effective, therapeutic and safe way

CERTIFICATION

Attendance Certificate

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