

ANGER MANAGEMENT TRAINING

Learn Valuable Insights on How to Manage Your Anger

This group educational experience will help you engage in innovative techniques for managing anger. Scientific studies show that relaxation techniques combined with cognitive restructuring and anger inoculation help to lower the frequency and intensity of anger.

The Anger Management Training Will Teach You About:

- *Physiological and Emotional Costs of Anger*
- *Relaxation Techniques*
- *Recognizing Your Own Trigger Thoughts*
- *Anger Distortions*
- *Creating Coping Thoughts*
- *Anger Inoculation*
- *Problem Solving Communication*

WHEN/WHERE:

Blomquist Hale Consulting Offices

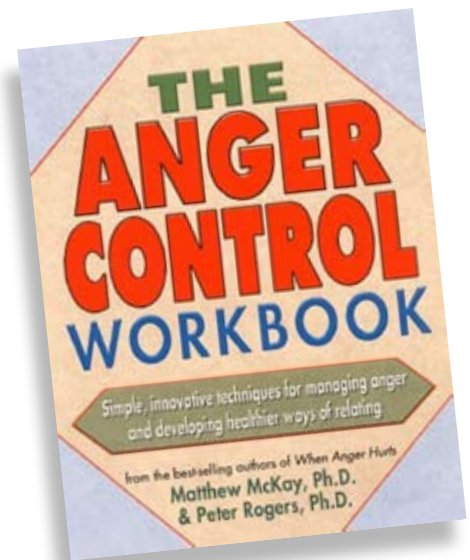
860 E. 4500 S. Suite 202, Salt Lake City, UT

\$275 - Normal tuition. Tuition waived to employees and employee dependents covered through the Blomquist Hale EAP program.

This is not a domestic violence course and is not intended to meet court requirements for anger management.

SIGN UP: Email spencewood@blomquisthale.com
call or visit Blomquist Hale online today.

801-262-9619



 **BLOMQUIST HALE**
CONSULTING
EMPLOYEE ASSISTANCE PROGRAM (EAP)

WWW.BLOMQUISTHALE.COM