

6-Session Individual Anger Management Program

Program Prospectus

Facilitator: Peter Foster

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Location: Suite 9, 21 Hunter Street, Hornsby, NSW, 2077, or by Zoom

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Program Aim

The 6-session Individual Anger Management Program is designed to help participants understand, manage, and reduce problematic anger responses.

The aims of the program are to:

- Increase awareness of the emotional, cognitive, and physiological aspects of anger
- Identify triggers and habitual patterns that contribute to loss of control
- Develop practical skills for emotional regulation and conflict management
- Address underlying thoughts and beliefs that fuel anger; and
- Support the development of a personal long-term anger management and relapse-prevention plan.

The program uses an evidence-based approach, drawing primarily on Cognitive-Behavioural Therapy (CBT) and mindfulness-based emotional regulation strategies.

Program Structure

The program consists of six one-hour sessions, generally delivered weekly, though frequency may be adjusted to suit the participant's circumstances. Each session builds on the previous one, with between-session activities to support learning and practice.

Session 1 – Understanding Anger. Assessment of individual anger patterns, triggers, and consequences. Introduction to the physiological and psychological components of anger and the distinction between constructive and destructive anger.

Session 2 – Recognising Triggers and Patterns. Identification of emotional, cognitive, and situational triggers. Exploration of common thought distortions that intensify anger, and early steps in reframing unhelpful thinking.

Session 3 – Emotional Regulation Skills. Training in practical techniques such as deep breathing, mindfulness, and grounding to manage physiological arousal and regain composure in the moment.

Session 4 – Managing Anger in Conflict. Developing assertive communication skills, learning to use “I” statements, and understanding how to de-escalate conflicts through active listening and time-out strategies.

Session 5 – Exploring Underlying Patterns. Examining deeper emotional themes, past experiences, or habitual behaviours that sustain anger. Identifying early warning signs and applying intervention strategies.

Session 6 – Relapse Prevention and Long-Term Planning. Consolidating skills and developing a personalised plan for ongoing anger management, relapse prevention, and emotional self-care.

Participant Commitment

Participants are expected to:

- Attend sessions and engage actively in discussion and exercises
- Complete brief between-session activities (e.g., journals, reflection exercises, or practice of learned techniques);
- Maintain honesty and openness in exploring personal experiences; and
- Take responsibility for applying the tools and strategies learned between sessions.

Participants may discontinue the program at any time. However, a certificate or court completion letter will only be provided where all six sessions and associated learning activities have been completed

The fee for each one-hour session is \$125.00, whether delivered in-person or by Zoom.

Intended Outcomes

By participating in the program, individuals can expect to:

- Understand the internal and external factors that influence anger
- Recognise personal triggers and warning signs
- Apply effective techniques for emotional self-regulation
- Improve communication and problem-solving in moments of conflict and
- Develop a personalised plan for maintaining progress over time.

Participant success depends on the participant's willingness and ability to engage fully and to complete the learning tasks and reflective exercises assigned.

Limitations of This Course

The NSW Government notes that anger management alone is not regarded as an adequate response to domestic and family violence, because domestic violence often involves issues of power, coercion and control that go beyond anger. For those matters, courts may place greater weight on a recognised Men's Behaviour Change Program (MBCP) rather than a standard anger management course such as this course.

Optional Court Letter

A formal letter of completion can be prepared for an additional fee of \$125.00, provided that all elements of the six-session program have been completed.

The letter will:

- Confirm the participant's attendance and completion of the 6-Session Individual Anger Management Program
- Summarise the structure and evidence-based approach of the program
- Comment on the participant's level of engagement and demonstrated understanding of how their conduct contributed to the legal matter
- Confirm that the participant has developed a personal long-term anger management plan including relapse-prevention strategies; and
- Include the following disclaimer:

“While the participant has demonstrated engagement and understanding of the program content, participation in and completion of the program cannot guarantee future behavioural outcomes. Ongoing personal effort and continued application of the strategies learned are essential for lasting change.”

Court letters are written on professional letterhead and may be addressed directly to the Court, or to the participant’s legal representative as appropriate.