

To learn more about
Anger Management
and Conflict Coaching through

New Path Center

please contact our office

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For other resources,
please visit our website at
www.newpathcenter.org



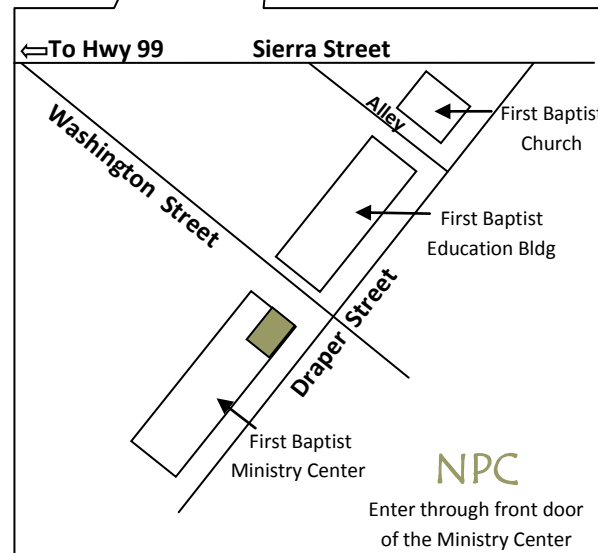
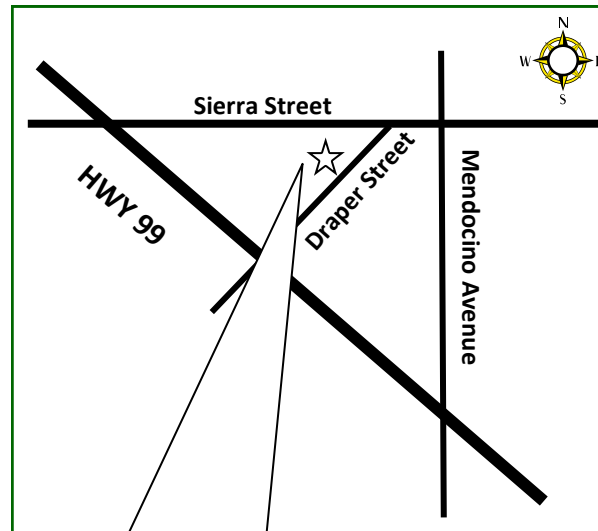
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MA, Peacemaking & Conflict Studies/Theology,
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Certificate in Peacemaking and Conflict Studies,
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Certificate in Death and Grief Studies, Center for Loss
Licensed Minister, Certified Senior Mediator

Bonnie Redfern

BA, Psychology, Biola University
MA, Peacemaking & Conflict Studies,
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Certificate in Death & Grief Studies, Center for Loss
California Teaching Credential

Conveniently located near Hwy. 99
in the central San Joaquin Valley



Driving Directions:

Coming from the North or South on Hwy 99
Take Sierra Street - Exit 112 - East
Turn right on Draper St.
NPC Is located in the First Baptist Ministry Center

Anger Management and Conflict Coaching

Addressing both
intrapersonal and interpersonal skills
in learning to manage one's anger

Training includes:

- ◆ Problem Solving
- ◆ Decision-Making
- ◆ Communication Skills
- ◆ Social Resistance Skills

New Path Center, Inc. (NPC) is a citizen sector
501(c)(3) non-profit organization located in
Kingsburg, California

Module 1

Introduction to Anger Management And Conflict Coaching

Learning Objectives

- ◆ Introduce a general outline of anger management training and conflict coaching
- ◆ Rate one's levels of anger responses and compare them to those of others
- ◆ Understand the anger sequence - controlled and uncontrolled
- ◆ Motivate to engage in self-assessment of one's personal anger sequence



Module 2

Getting to Know Your Anger Sequence

Learning Objectives

- ◆ Identify one's own triggers, thoughts, feelings, behaviors, and consequences
- ◆ Know more about how one responds to distress or anger
- ◆ Identify motivators for contemplating alternative anger expressions

Module 3

Taking Control of Your Anger Responses Part I

Learning Objectives

- ◆ Commit to learn specific responses to guard one's self against uncontrolled anger and to keep cool when first triggered or provoked
- ◆ Decide on one trigger or troublemaker to use to practice the targeted anger management skills
- ◆ Become familiar with Self-Talk to control anger - Stages 1 and 2
- ◆ Select and rehearse Self-Talk statements in relation to triggers or troublemakers for *before* and *when triggered* stages
- ◆ Practice applying relaxation techniques and imagery to remain calm
- ◆ Practice appropriate verbal and nonverbal responses to control anger

Module 4

Taking Control of your Anger Responses Part II

Learning Objectives

- ◆ Review specific Self-Talk responses in Stage 1 and Stage 2
- ◆ Become familiar with Self-Talk to control anger - Stages 3 and 4
- ◆ Select and rehearse Self-Talk statements in relation to triggers or troublemakers *during* and *after the event* stages
- ◆ Learn and practice applying the COPING model of anger management
- ◆ Define and practice the STOMP model for impulse control
- ◆ Practice constructive communication skills

Module 5

Controlling Anger in Daily Life (Multiple sessions to be determined on a case by case basis)

Learning Objectives

- ◆ Practice taking control with specific triggers and troublemakers
- ◆ Practice refocusing and self-talk for specific anger-provoking situations
- ◆ Practice relaxation techniques
- ◆ Solve problems and rehearse coping strategies for trigger situations with teachers, friends, antagonists, and family members
- ◆ Conduct play-back analyses of both successful and unsuccessful conflict resolutions
- ◆ Enlist support from family, friends, teachers and classmates to gain control of anger

Adapted from: *Anger Management for Youth, Stemming Aggression and Violence*, by Leona L. Eggert, Solution Tree, 2007

Fees:

The cost of this training is \$150.00 if paid in full at time of registration. Clients may choose to pay a non-refundable deposit of \$80.00, with an additional \$80.00 due by the fifth module for a total cost of \$160.00. Financial assistance may be available to qualified clients upon request.

