

is anger a problem?

At work? In your relationships?

DR. DAVID SLAUGHTER is offering a new ANGER MANAGEMENT GROUP.

This group helps men and women take responsibility for their difficulties with anger in various types of relationships whether at work or at home. Beyond taking responsibility, the group assists men and women in developing greater personal awareness of their anger's effects on others and teaches them practical skills in dealing with anger. **Adaptive behavioral change** is the goal of the group.

The format includes educational, experiential and behavioral approaches.

Participants can expect to learn signs for the early identification of their anger arousal and access tools for managing anger, both immediately and long-term. As part of the structure, we will be using *The Anger Control Workbook*, by Doctors McKay & Rogers for weekly "homework" assignments. The size of the group will be limited to seven participants in order to maximize trust, practice, and learning.

This group is for those who recognize that anger has become a problem in their lives and want to find ways to deal with it, positively and practically. We will meet for twelve weeks.

DATES

**Thursdays, 6:00 - 8:00pm
February 12 - May 7, 2009**

LOCATION

**Dr. Slaughter's Office
1133 NW 21st Ave.
Portland, OR 97209
503 222-5010**

COST & SCREENING PROCESS

\$65 per session, usually an expense billable to insurance. An hour-long screening interview is necessary (\$175) prior to entering the group. If the person begins treatment, he or she will be billed for the hour-long screening interview; if not, there will be no charge.

GROUP FACILITATOR

David Slaughter, PhD, is a psychologist and an expert in anger management. He has worked with clients individually and in group settings for over twenty years.

► **For more information or to register, call 503-222-5010**

PLEASE VISIT MY WEBSITE:
www.home.earthlink.net/~doctorslaughter