

What is expected of group members?

CLM's Anger Management Groups cover beginner, intermediate and advanced anger management skills. You will work with your therapist and the group leader to determine when you have finished benefitting from the group, usually within 12-24 weeks.

Groups members are expect to:

- Be willing to work on changing their behavior
- Have consistent attendance
- Maintain privacy and confidentiality of other group members
- Maintain safe behavior while in group
- Be willing to complete short weekly homework assignments.



Groups offered by CLM:

- Anger Management for Adults
- Anger Management / Bullying for Teens
 - Bereavement
 - Child Impact Program
- DBT (Dialectical Behavior Therapy) for Adults, Teens and their Parents
 - DWI Aftercare
- Self-Esteem Groups for Girls
- Social Skills Groups for Children and Teens
 - Substance Abuse Groups
 - Parenting Coordination

CLM Locations:

Main Office:

10 Tsienneto Road, Derry

Salem Branch:

44 Stiles Road, Salem

Hampstead Branch:

218 East Road, Hampstead



603.434.1577

www.CenterForLifeManagement.org



Anger Management Groups for Adults



Anger is a normal emotion that we feel when we face a real or perceived threat. Anger alerts us to danger and helps us solve problems. Everyone gets angry at times.



When does anger become a problem?

Anger can become a problem if it is dealt with by using aggression. Aggression is a threatening behavior that may cause interpersonal conflict, legal issues and health problems.

Who has anger management problems?

People with underlying depression, anxiety, post-traumatic stress disorder or some personality disorders may be more susceptible to having anger management problems.

What is anger management?

Anger management is a term that describes treatment to reduce aggression. At the Center for Life Management, we combine individual and group therapy to treat the underlying cause of the anger as well as specific skills to reduce aggressive behavior.

Anger management counseling can help you learn to:

- Reduce aggression
- Control impulses
- Manage stress better
- Communicate more effectively
- Have more control over your thoughts and behaviors
- Improve assertiveness and problem solving skill
- Channel anger in a healthy way
- Improve self-confidence
- Improve relationships
- Reduce legal problems
- Understand and cope with underlying mental health conditions



Why am I offered both individual and group therapy?

Individual therapy is a process through which you and your therapist work together to understand and cope with a mental health condition such as depression, anxiety, post-traumatic stress disorder (PTSD), or a personality disorder. The anger management group teaches specific skills to reduce aggression in a supportive, non-judgmental atmosphere.

The combination of individual and group therapy offers a comprehensive treatment approach to cover the complex components of both the aggression and the underlying cause.

How to join an anger management group?

Before joining the group, participants must complete an intake session with a therapist to discuss your goals and determine if an anger management group and/or individual therapy would be beneficial. The therapist would then make a referral to the Anger Management Group leader who will enroll you in the group.

If you are already a CLM client, talk with your therapist or medication provider about whether anger management counseling may be a good addition to your treatment plan.

If you are new to CLM, contact our [Intake Department](#) to set-up an initial appointment by calling [603.434.1577](tel:603.434.1577).