

Anger Management Group for Men

Tuesday Evenings in Beverly

900 Cummings Center Suite 417U

10 Meetings

February through April 2016

6 to 8 PM

\$700 or \$100 off when prepaid

For information & registration
contact the facilitators:

Peter Anderson, LMFT, MDiv, MMFT

978-8796476

peterhanderson33@gmail.com

Paul Scoglio, MSW, LICSW, CPCC

978-921-8400

paul@paulscoglio.com

An educational and experiential group with a coaching component.

This group teaches skills, promotes personal growth, advances emotional intelligence and facilitates behavioral change. Appropriate candidates for this group are motivated to change attitudes and behaviors, have clear coachable goals and make a commitment to attend all ten sessions.

Over the course of the ten sessions participants learn and practice several coping strategies (including body-based mindful practice that improve and support emotion regulation and behavior change). Participants will be given homework of various kinds geared towards enhancing motivation, establishing attitude and behavioral changes, improving communication and relational skills and developing confidence in the capacity to maintaining appropriate emotional regulation.

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A prerequisite for registration for this group is one or two individual introductory meetings with Paul Scoglio or Peter Anderson. The goal of the meeting(s) is to establish the participants personal goals, and to brief and screen prospective participants to assure a good fit. The prospective candidates will learn what to expect from group participation and what will be expected from them. To arrange a meeting call Paul at 978-921-8400 or Peter at 978-879-6476.