

Psychology Clinic

# Women's Anger Management Group 2019

The Women's Anger Management Group is a low-cost program for women experiencing difficulties in regulating or managing anger across a variety of situations, including work, sport, driving, social settings, and at home.

## What is the Women's Anger Management Group?

In situations where anger arises, people with anger management problems experience a range of physical, emotional and psychological symptoms and are at risk of engaging in verbal and physical intimidation or abuse of others. The anger management group program caters for people suffering from mild to serious anger and is suitable for people who wish to better understand and manage their anger within a small, supportive group environment.

## Program Outline

The Women's Anger Management Group is a 12-week program that runs for 2.25 hours once a week. Programs will run in the evening from 6pm-8.15pm. Participation in the program involves attending all sessions in addition to an initial interview.

The group consists of a structured therapy program that teaches people about the causes, consequences and outcomes of anger, including behavioural, physiological and cognitive components. The program also focuses on each participant's individual experience of anger and provides practical strategies to overcome situations in which anger may be aroused. Cognitive behaviour therapy is integrated with mindful compassion focused therapy to both understand anger and learn how to manage it.

Follow-up individual counselling after the program is available if required. Alternatively, if you would prefer individual counselling to the group program, this can also be arranged by contacting the Psychology Clinic's reception on 9214 8653 or email [psychclinic@swin.edu.au](mailto:psychclinic@swin.edu.au). The program is conducted by two provisionally registered psychologists undertaking graduate studies in psychology at Swinburne University of Technology. The program is also overseen by Dr Roslyn Galligan.

**To register your interest in this program or to find out more information please contact the Project Officer on 9214 5528 or email [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)**

## Fees for 2019

The cost of the Anger Management program includes an assessment fee of \$25, plus a program fee of \$370. This fee is payable prior to the commencement of the group and is non-refundable. If you are unable to pay the program fee in one lump sum, please contact the Project Officer to discuss alternate arrangements.

## Eligibility and Application Procedure

To be a part of the Anger Management program participants need to be assessed to determine the type and extent of their problems with anger. This is a one hour assessment that occurs prior to program commencement.

## About the Psychology Clinic

The Psychology Clinic provides low-cost services to the community, such as individual counselling, group therapy programs and psychological assessment. As a part of Swinburne's postgraduate psychology programs in Clinical Psychology, our staff include graduate students working as psychological counsellors, their supervisors and administration staff.

Previously known as the Centre for Psychological Services, and then the Psychology Centre, the Psychology Clinic was established by Swinburne University of Technology in 1990. The Psychology Clinic was an initiative of Swinburne's psychology department that has achieved an enviable reputation for its teaching, training and research. Our patron is Professor Allan Fels AO.

*Please note: Fees are subject to change without notice*

## Contact us

Swinburne Psychology Clinic  
Level 4, The George  
34 Wakefield Street  
Hawthorn  
VIC 3122