



## **Managing Anger – A two day course (2 x 6 Hours)**

This 12 hour course is designed for counsellors who wish to assist their clients in managing anger more effectively. The course explains the various types of anger and its effects upon the depressed client.

The course offers participants an opportunity to learn various interventions and worksheets for application within counselling practice.

**Date:** Wednesday 26<sup>th</sup> and Thursday 27<sup>th</sup> January 2011

**Who can attend:** This course is **strictly** for Counsellors who delivery services for the Community and Voluntary Sector within the WHSCT area.

**Cost:** FREE

**Venue:** **Tara Centre, Omagh**

**Time:** 9.30 am – 4.30 pm

**This session will be delivered by Northwest Counselling who will provide a Continuing Professional Development Certificate to all participants.**