

# Anger Management Institute of Texas

**Anger** is a natural basic human emotion that is often used to express negative feelings. Road rage, violent behavior, inappropriate verbal attacks, aggression, bullying others, and lack of appreciation for others are examples of issues that benefit from anger management. We use the Anderson & Anderson intervention program developed by George Anderson, which is the most effective and most widely recognized curriculum in the world.

**Referrals** for this program are routinely made by the courts, Human Resource Managers, Employee Assistance Professionals, Mental Health and Substance Abuse Counselors, as well as concerned parents and spouses. **Self Referrals are always welcome.**

## Services available at four locations:

- **Anger Assessment** - The assessment includes the following components: Anger Management and Anger Control, Fear Management or Self-Defeating Communication Patterns, Communication Styles, Assertive Communication, Passive Communication, Stress Management, Empathy/emotional intelligence, Change Orientation which is motivation to change.
- **Workbooks** - The adolescent and adult workbooks contain exercises focusing on enhancing emotional intelligence, improving assertive communicating. As well as behavior strategies for recognizing, dealing with, and managing anger and stress.
- **Groups** in a safe educational environment for clients to learn expressions of anger that is acceptable to society so that violence and self-destructive behavior can be avoided.

**Anger Management/Executive Coaching** is also available for clients who would prefer a private setting or are not appropriate for mixed or open groups. Such individuals may include, but are not limited to high profile individuals, physicians, faculty, law enforcement, and high-level management personnel.



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For more information please call **281.477.9105**

visit our website **www.ami-tx.com**