



ALAN DAVIS, LMFT

Alan is a licensed Marriage & Family Therapist with extensive experience working with adolescents and their families. See our website (www.healingts.com) to read his profile.

Discussion topics include:

What is anger?

Assertiveness

Self-calming

Triggers

Self-talk

Responsibility

My anger plan

Making amends

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UNDERSTANDING ANGER

AN ANGER GROUP FOR TEEN MALES

Healing Therapeutic Services, LLC

Your Mental Health Resource

Understanding Anger is a therapeutic anger management group for teen males, ages 12-17. This ongoing course uses an eight stage model focusing on understanding anger and developing a plan to use alternative behaviors. Each client who successfully completes the group will have an Anger Plan they can share with others.

The group is offered on Saturday mornings to accommodate school schedules and after-school activities. Saturday group times will be on a two on, one off schedule to allow for holidays and family activities.

The group is eight weeks in length, but can be expanded to fit client needs. Each group consists of two parts: an individual stage-related assignment and a discussion group on an anger-related topic. This group is ongoing, so clients can join a group at any time. Each client will be asked to attend a diagnostic interview (with a parent) to assess their appropriateness for the group before starting.

To Register for this group contact Debbie, the HTS Office Manager at 763-427-2590.

Please have your insurance information ready. Alan is an in-network provider for most major insurance companies. The group is also available out-of-pocket for those not wishing to bill insurance.