



BE COOL! Anger Management Group Counseling Guide

Ms. Stephanie M. Lerner

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Are you looking for that just-right anger management counseling guide? Well, look no further because here is an effective, user-friendly manual with chronological, step-by-step activities for each group meeting- all based on the brief counseling model. This eight session counseling guide has students sharing successes of their own self-chosen goals and acting out lots of processed role plays! The guide includes easy-to-follow sessions well suited for school, clinic, or residential environments. Appropriate for ages 8-18. 55 pages. If you order this guide, you will receive: a sessions guide with 8 one hour sessions, a recommendations guide for facilitating an anger management group, a parent permission letter, various anger management strategies, informational readings, games, templates for data, group passes, session notes, additional activities, and more! **You can also order Spanish translations of all the session materials for use with bilingual or non-English speaking populations.

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