

Managing Anger, Frustration and Aggression



Phoenix Associates, Inc.

2200 Lake Ave Ste. 260
Fort Wayne, IN 46805

About the Program

- This adolescent program aims to provide the tools necessary to manage anger and frustration effectively and foster the development of emotional regulation and coping skills. Adolescents will practice expressing anger and frustration appropriately and examine the roots of aggression and hostility.
- Evidence-based practices are the backbone of this program, theoretical sources include CBT and DBT influenced by rational-emotive and humanistic perspectives. Trauma – informed practice is employed with adolescents who have experienced abuse.

About the Facilitator

- Grant Gerard, MSW, LSW is a psychotherapist with a clinical focus in mental health and addictions. His experience includes working with adults and adolescents with mental illness, chemical addictions, anger management, co-occurring disorders, trauma, loss and behavioral issues.
- Call and schedule your confidential assessment today! **260.424.0411**
- We accept all major insurance plans, including Medicaid & Medicare.