



Program of:

Transformations Program Australia Ltd

Public Benevolent Institution / DGR (ABN 71 072 944 640)

- Have you experienced problems with anger and rage that has caused harm to yourself and those you love?
- Anger is a normal human emotion when we feel we are being threatened, or those we love.
- If we don't deal with what causes us to get angry, then it turns into rage.
- Anger Management & Conflict Resolution is a 3 week course. It will help you understand and manage your anger so it doesn't explode into rage.

For further info, please contact:

Mobile: 0481 811 555

angermanagementgc@gmail.com

www.anger.org.au

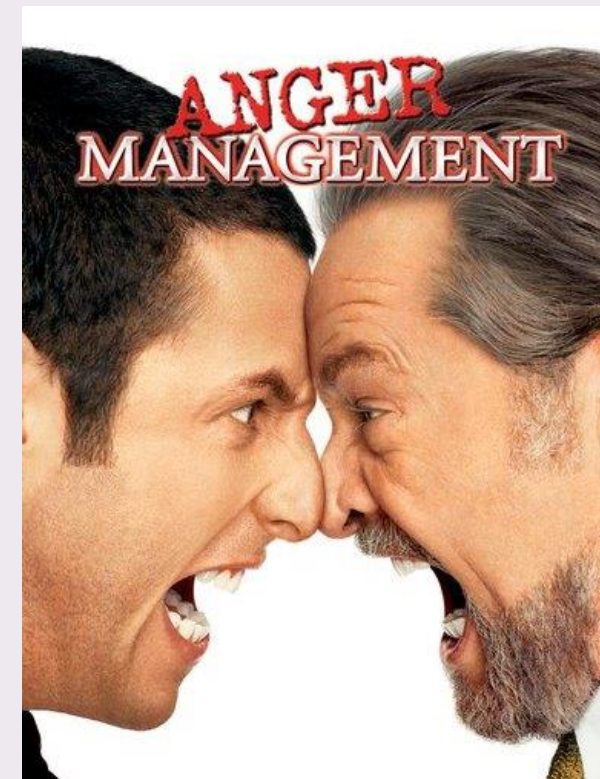
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We thank our sponsors and the Gold Coast City Council for their generous donations which has enabled us to offer this program for **1/2 price.**

Now \$145 instead of \$290.
Concession is \$73 instead of \$145

Mb: 0481 811 555



Anger Management (2003).
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Dual Diagnosis Consultant - Optimal Health Group
Drug & Alcohol Counsellor / Educator

George Patriki
Dip Drug & Alcohol; Dip Counselling; Dip Mental Health;
Gr Cert Health (Addic); Dip Comorbidity; Dip Comm Welf
Dip Management; Cert IV T.A.A.; Cert IV Comm Develop

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Optimal Health Group

The Course

Anger Management & Conflict Resolution (www.anger.org.au) will help you understand and manage your anger so that it doesn't explode into rage. Certificate given on completion of 3 weeks

Week 1 - Understand Anger

1. Understand the underlying issues that cause anger
2. Understand how grief and loss can lead to anger
3. What happens when I get angry?
4. Weighing up the costs vs the benefits of anger



Week 2 - Manage & Resolve Anger

5. Who or what am I angry about?
6. Communication skills and conflict resolution
7. Understanding forgiveness & the forgiveness process

Week 3 - Legal Issues & aftercare

8. Where to from here?
Legal issues of explosive anger & rage.

Where and When

Anger Management & Conflict Resolution runs every Monday night at 6:45pm for a 3 week cycle. It finishes around 8:30pm.

Participants must enrol first either online, or on **0481 811 555** and arrive between 6:30pm and 6:45pm each night for registration, as security lock doors when the course starts 7pm sharp.



The venue is at:

**Transformations (Opposite Crown Plaza)
Corner of Monaco St & Gold Coast Hwy
Surfers Paradise QLD 4217.**

Who can attend?

Anyone who wants to learn how to manage and control their anger.

Participants must not abuse staff or attend under the influence of alcohol or other drugs. If so, security will ask them to leave & repeat that topic on the next 3 wk cycle.

Management also has the right to refuse entry to people who present in this way. Photo ID required each of the 3 nights and insurance indemnity must be signed.

Cost

Cost of 3 week course is \$145 (GST free). 50% discount is available for people with a Centrelink Pension or Health Care Card and must be paid before starting: No cash accepted. Post Office Money Order or bank transfer to Transformations:
BSB: 014513 / Account: 299334821
Or online by credit card Include your name
www.anger.org.au

Presenter – George Patriki



George has spent countless hours helping thousands of people affected by substance abuse & mental health issues. He works as a Dual Diagnosis Consultant on the Gold Coast and throughout Australia.

George is committed to reaching out to people struggling with addictive behaviours, particularly those with severe life controlling problems due to significant trauma.

He works in areas of court advocacy, counselling, outreach, running community forums, seminars and recovery groups for drug users (including dual diagnosis) & their loved ones.

George's areas of specialty include:

- § Psycho-dynamic & Trauma Model Therapy
- § Cognitive Behavioural Therapy
- § Motivational Interviewing
- § Solution Focused & Narrative Therapy
- § Brief and Early Intervention

Qualifications include:

- § Diploma in AOD (Alcohol & Other Drugs)
- § Diploma in Mental Health
- § Diploma in Counselling
- § Diploma in Comorbidity (AOD & Mental Health)
- § Graduate Certificate in Health: Addiction Studies
- § Certificate IV T.A.A. (Training And Assessment)
- § Diploma in Management
- § Diploma in Community Welfare
- § Certificate IV in Community Development
- § Certificate IV in Assessment & Workplace Training

George has over 23 yrs experience and has accreditation with Victorian Department of Human Services as a Clinical Drug Assessor. Since 2002, he conducts basic & advanced training in drug & alcohol and mental health issues.

He also offers clinical supervision for individuals & organisations and lectures in tertiary institutions, government and non-government organisations.