Optimal Health Group

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 session course. It will help you understand and manage your anger so it doesn't explode into rage.

For further info, please contact:

Mobile: 0408 332 765

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www.anger.org.au

Optimal Health Group

George Patriki

Dual Diagnosis Consultant

Drug & Alcohol Counsellor

Educator

Dip Drug & Alcohol; Dip Counselling; Dip Mental Health; Gr Cert Health; Dip Comorbidity; Dip Community Welfare Dip Management; Cert IV TAA; Cert IV Comm Develop

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Substance Abuse & Mental Health Interventions

Living Life Without Drugs

www.samhi.online

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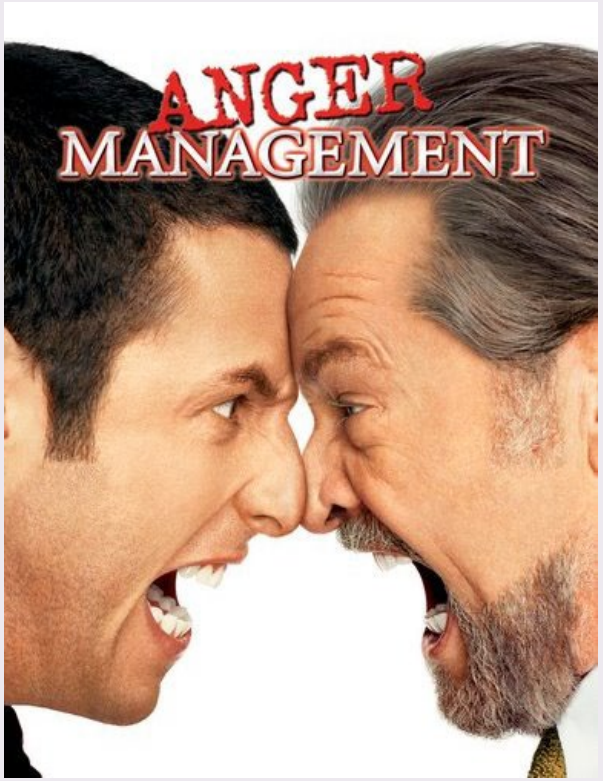
TRANSFORMATIONS

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

Now $195 instead of $390.

Concession is $97 instead of $195

Mb: 0408 332 765



Anger Management (2003).
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& Conflict Resolution

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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 sessions

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 the forgiveness process

Week 3 - Legal Issues & aftercare

8. Where to from here?
Optimal Health vs Substance Abuse.
Legal issues of explosive anger & rage.

Where and When

Anger Management & Conflict Resolution is available 24/7 online with lifetime access. You can go through it at your own pace, as fast or slow as you want.

Participants must enrol first from the contact page (www.anger.org.au/contact) on website. Once paid, you will receive login within 24 hours.

Who can enrol?

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

People get a statement upon completion from the online learning platform, however, if you want a certificate for court, then you need to email your worksheet and black brochure with the dates the 3 sessions are completed.

I will then email back your official certificate for court within 2 days.

Cost

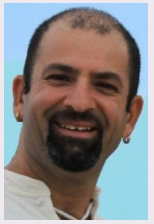
Cost of 3 week course is $195 (Inc. GST). 50% discount is available for people with a Centrelink Income and must be paid before starting:

Bank transfer to Transformations:
BSB: 014513 / Account: 299334821

Or online by credit card Include your name
https://www.anger.org.au/contact/

If you click the PayPal button to pay by credit card you don't need a PayPal account because you pay as a guest using a credit card.

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.