



## **Anger Management Group**

### **Purpose and Overview**

The purpose of the anger management group is to:

- Learn to manage anger.
- Stop violence or the threat of violence.
- Develop and strengthen skills for self-control over thoughts and actions.
- Receive support and feedback from others.

**Clients are expected to attend one group session a week for twenty-six weeks.**

**Each group is 90 minutes, with one intake, one individual (optional upon client request), and an exit interview.**

- **Group sessions are Fridays 10:00a – 11:30a**
- **Intake, individual, and Exit interview are by appointment only.**

**Weekly – 26 weeks**

**Group Session - \$50.00 (per Session)**

**Intake - \$160.00**

**One Individual Session (Optional upon Request) - \$65.00**

**Exit Interview - \$65.00**

**Client Name Print** Click or tap here to enter text.

**Client signature** Click or tap here to enter text.

**Date** Click or tap here to enter text.

**Client Initial** Click or tap here to enter text.



## **Policy & Procedure for All Anger Management Clients**

Participants are to show a copy of a valid photo ID during the intake session to verify that they are who they say they are.

**If a participant schedules an intake and does not show up for their appointment, without canceling 24 hours in advance, they will be charged full price and not refunded for the initial intake fee.**

Participants agree to pay for professional services at the time they are rendered – before each session. It is the professional and ethical responsibility of this office to prevent your bill from accumulating. If a client is unable to adhere to or agrees to the payment contract, services will not be rendered, and referral sources will be made available.

Participants agree to the confidentiality policy and are prohibited to share personal information of other members outside group sessions.

Acceptance In Abundance Group facilitators will only **release information if there is a signed Authorization to release form from the client authorizing information exchange.**

Group Members are not to display any behavior that disrupts or distracts from the group process.

**Participants are to always attend sessions substance-free.** If the facilitator suspects that a participant is under the influence of a substance, they reserve the right to dismiss participant from group.

It is the group members' responsibility to attend the entire 26 weeks of Anger management group. Participants are to arrive on time and remain for the entire session. Any client arriving **more than 5** minutes late will not be allowed to attend the group session. If a participant is late three times, the participant's report will reflect disruptive to the group, and poor attendance.

I agree to contact Acceptance in Abundance in the event I cannot keep my commitment and make arrangements to make up missed sessions. Because of the considerable amount of material presented in each session, you may not miss more



than 3 of the 26 sessions. If you miss more than three sessions, you would not be able to adequately learn, practice, and apply the concepts and skills that are necessary for effective anger management. You can continue to attend the group sessions, but you will not receive a certificate of completion. You can join another session as space becomes available.

Upon request, the participant shall have the right to review his/her case file. Partners, friends, and family members cannot be in the same anger management Group together whereas family, couples and marital counseling is offered as a separate service.

**Personal Relationships among group members outside of group is not encouraged.**

Brief assignments will be given each week, Completing the between session assignments is encouraged as they will improve your anger management skills and allow you to get the most from the group experience. Like any type of skill acquisition, anger management requires time and practice. These assignments provide the opportunity for skill development and refinement.

Participants are not permitted to bring any weapons to session, including pocketknives. If there is any suspicion of weapons, the participant will be dismissed from the entire program.

**No violence or threats toward facilitators and other group members are allowed. It is important that the group remains a safe place to share your experiences and feelings without threats or possible physical harm**

You are required to complete a pre- and post-assessment. This helps determine the effectiveness of the program, as well as your progress.

If there is a language barrier, or the group setting is not the best fit for you, a one-on-one format may be encouraged, or referral made to appropriate program.

The sign-in sheet used to track attendance does **NOT** serve as official proof of enrollment and it should **NOT** be used as so.



Participants attending Anger Management group via telehealth or calling in from a car, agrees **NOT** to have others present during online group session and that car will remain stationary for the entire duration of group.

### **For Court-ordered or Other Agency Mandated Group Members**

Participants are required to provide a copy of the court minutes at the time of intake. Participants will **NOT** be given a progress report without proof of court minutes; however, a proof of enrollment can be provided.

Acceptance In Abundance will **NOT** provide Progress reports or proof of enrollment via email or Text.

Participants will receive the number of sessions completed on their progress report based on the date of the court minutes. If classes were completed prior to the court order, those can be reflected on a separate verification of enrollment form. The official progress report will only indicate the classes completed after the date of the court order.

Group members are asked to give 10 business days upon request of documents be sent to third party individuals Reports will only be mailed via USPS.

Participants Court monitoring agency may be notified, in writing, within 30 days of a client failing to complete the program, or not participating and benefiting from the anger management group.

**Clinical reports or evaluations are NOT Provided.** Only details such as the dates of sessions or whether a client participated will be included in Progress Reports. This will be provided to a third party **ONLY** after a consent of release of information is signed by the participant.

### **Virtual Meetings Specific Guidelines**

For Confidentiality purposes it is important to ensure the privacy of the group therefore it is encouraged to be in a quiet space without others present.

All policies still apply, for example, you still need to show up on time.



Included in this packet is a printable/digital weekly tracker to keep accountability of sessions. I will also keep a record of attendance.

Please note that smoking or being under the influence of any type of medication that impairs judgement is prohibited.

We understand you may be joining the session from your home, but please be dressed appropriately.

I understand that it is a violation of privacy law to record any meetings or sessions without all participating parties' written consent. This includes audio recording and photography. Please do not record or take pictures during group meetings.

I understand the importance of attending all group sessions and actively participating throughout the treatment process. I also agree to discuss with staff any resistance I may have to attending groups.

I have read, understand, and agree to follow group policy. I understand if not services can & will be terminated.

Client Signature Click or tap here to enter text.

Date Click or tap here to enter text.

Counselor Signature Click or tap here to enter text.

Date Click or tap here to enter text.

Client Initial Click or tap here to enter text.



## Attendance Tracking Sheet

### Anger Management Group

**Client Name:** Click or tap here to enter text.

**Date of Intake:** \_\_\_\_\_

Group Meetings	Between Session Assignments	Date
Group Session One		
Group session Two		
Group session Three		
Group Session Four		
Group Session Five		
Group Session Six		
Group session Seven		
Group session Eight		
Group session Nine		
Group session Ten		
Group session eleven		
Group session Twelve		
Group session Thirteen		
Group session Fourteen		
Group session Fifteen		
Group session Sixteen		
Group session Seventeen		
Group session Eighteen		
Group session Nineteen		
Group session Twenty		
Group session Twenty-one		
Group session Twenty-Two		
Group session Twenty-three		
Group Session Twenty-four		
Group Session Twenty-five		
Exit Interview Session		

**Client Initial** Click or tap here to enter text.



Group session Twenty-six		
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Client Initial Click or tap here to enter text.