

Getting Over Anger Program – Individual Counselling

Telephone Counselling offered by Lucy MacDonald, M.Ed.,
Canadian Certified Counsellor
Counsellor Practitioner of the Year (2005)

What clients are saying about the Getting Over Anger course:

“I can’t believe how quickly things changed when I put into practice some of your simple suggestions.” Max

“My co-workers noticed a huge difference in my attitude after I completed your course. Things are so much better at work. Thank you so much!” Anna

“I loved being able to take this course by telephone. It was so convenient and saved me precious time.” Rob

In the Getting Over Anger Telephone Counselling Sessions you will:

- Learn about the origins of your anger.
- Learn how your anger has affected you in the past and in your current situation.
- Learn how chronic anger is having a negative impact on your health.
- Move from unhealthy responses to anger to responding in a loving, forgiving manner.

Getting Over Anger Session outline:

- Session One: Anger in your family of origin; Assessment of your anger style
- Session Two: Be Assertive Instead of Aggressive
- Session Three: Anger Management Strategies
- Session Four: Moving On To Forgiveness

This seminar will be helpful if you:

- Feel angry most of the time
- Your anger is having a negative impact on your relationships at home and at work
- Want to understand why you react in anger and learn how to respond differently

Worksheets to accompany the anger management sessions.

Before each telephone counselling session you will receive worksheets to be used before, during, and after the telephone session..

Fees

The Getting Over Anger telephone counselling course is \$90 per session X four classes = \$360. I have set up PayPal and will send an invoice through PayPal and you can pay from your bank account or use a credit card. You can also pay by cheque if you are not comfortable with the online service.

Appointments

Appointments are scheduled when you need them and can take place during the day or the evening. At the scheduled time I call you and cover the long distance charges (if any).

Credentials

Counsellor Practitioner of the Year (2005)

Lucy is the recipient of the 2005 Counsellor Practitioner Award by the Canadian Counselling Association for “excellence in leadership as a practicing counsellor” and her involvement “both within and outside the work community to promote counselling”.

- Master of Education – Counselling Psychology , McGill University
- Canadian Certified Counsellor * with the Canadian Counselling Association
- In private practice since 1998

*** What is a Canadian Certified Counsellor?**

The Canadian Counselling and Psychotherapy Association (CCPA) “identifies to the public, those counsellors who, through a process of credential evaluation, are judged qualified to provide counselling services.” As a Canadian Certified Counsellor I am required to continue to develop my expertise and adhere to a code of ethics. If you have any concerns about my professional conduct please call the Canadian Counselling Association at 1-877-765-5565.

Contact info: lucy@lucymacdonald.com

613-244-9183

1-866-441-8909 (Canada and the U.S.)

www.lucymacdonald.com