



Working With Anger Workshops

Personal development Workshop | Course leaders Teresa O'Shea, Debbi Burch and Jane Fraser

We all witness acts of anger and violence both on the street and in close relationships. We can manifest anger in many different behaviours; withdrawal, distancing, turning anger into tears, being critical and acts of destructiveness and violence. All of these are mechanisms for coping.

Over the last twenty-two years through our work with individuals, couples and families we have evolved a successful programme of workshops to teach anger management strategies, constructive perspectives on anger and skills for influencing its various facets. Learning to live with anger in a constructive way requires skill and practice over time.

Many of us have difficulties with anger; some of us implode with our anger, some of us fear anger in others and some of us explode with our anger. Anger is a response to a need that is seeking to be met, a need to change or restructure a situation that we do not like or that we find unbearable.

In this workshop we shall clarify our relationship to our own feelings of anger and practise constructive and appropriate ways of experiencing, expressing and meeting anger. We shall look at the effects of anger both on ourselves and others and how we deal with it within relationships.

Dates for 2020

Saturday-Sunday, February 29-March 1, 2020, 10am-5pm daily. Teresa O'Shea and Jane Fraser.

Saturday-Sunday, June 6-7, 2020, 10am-5pm daily. Debbi Burch and Teresa O'Shea.

Saturday-Sunday, October 31-November 1, 2020, 10am-5pm daily. Debbi Burch and Jane Fraser.

Price

The cost for the workshops is £300 in 2019.

The cost for the workshops is £310 in 2020.

How to book

If you are interested in joining one of these workshops, please speak to the office about booking.