

## Schedule:

New groups are scheduled to begin on the first week of each month.

Current open group times:

Monday evenings  
6:00 P.M. – 7:30 P.M.

Saturday mornings  
9:00 A.M. – 10:30 A.M.

Thursday afternoons:  
4:30 P.M. – 6:00 P.M.

Call for new groups which are forming each month or join an open group immediately.

## Individual costs and fees:

(complete registration form)

Assessment and materials: \$120.00

Pre-pay for 12 sessions, assessment, materials (3 months): (10% discount) \$650.00

Monthly payment: (4 sessions each) \$200.00

Make checks payable to: Cornerstone Counseling.

\* All fees are due prior to the scheduled month's sessions. We can assist you in obtaining applicable insurance benefits.

\*\* Initial assessment session should be scheduled at least one week prior to the group start date.

## Group facilitators:

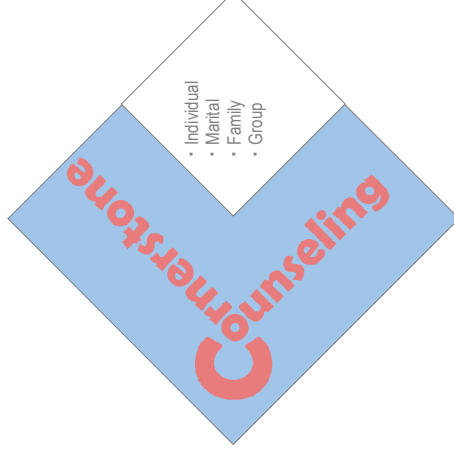
Dr. James Bedell  
Clinical Psychologist  
Certified Anger Management Professional  
(847) 516-8449 X 1

Robert Sexton  
MS Candidate in Counseling  
Certified Anger Management Professional  
(847) 516-8449 X 7

Groups are currently being formed at our main location as listed below. We will facilitate groups at alternative locations as applicable. Call for more information.

## Cornerstone Counseling

2615 Three Oaks Road – Suite 2A – Cary, IL 60013  
Phone (847) 516-8449 - Fax (847) 516-8457



## Anger Management Program

Presented by:

### Cornerstone Counseling

2615 Three Oaks Road  
Suite 2A  
Cary, IL 60013

Phone (847) 516-8449  
Fax (847) 516-8457

The 12 week Anger Management group program is a culturally relevant anger management program that offers:

- 90 minutes sessions
- Opportunity to discuss areas of interest and/or concern
- Professional group facilitators

A confidential personal inventory and pre-assessment will be conducted at the beginning of the first session a post-assessment will be conducted at the last session.

Anger Management 12 week session outline:

# 1 Anger: friend or foe?

Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way – that is not easy.

Aristotle

# 2 The process of anger – it's triggers.

To rule one's anger is well; to prevent it is still better.

Tryon Edwards

Anger is often a response to the perception of threat due to a physical conflict, injustice, negligence, humiliation, or betrayal.

# 3

What's good about anger?

# 4

Defusing anger by managing stress.

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be.

Thomas A. Kempis

# 5

Handling anger effectively.

For many years I have observed that the moralist typically substitutes anger for perception. He hopes that many people will mistake his irritation for insight.

Marshall McLuhan

# 6

Anger and assertiveness.

# 7

Managing conflict.

Resentment is like taking poison and waiting for the other person to die.

Malachy McCourt

# 8

Turn your anger into forgiveness.

Anger is part of the fight/flight brain response to the perceived threat of pain.

# 9

When to take a time-out.

He that can take rest is greater than he that can take cities.

Benjamin Franklin

No man who is in a hurry is quite civilized.

Will Durant

# 10

Plan to change your life by changing your thinking.

Anger is a brief madness and, unchecked, becomes protracted madness, bringing shame and even death.

Petrarch

# 11

Empathy and emotional intelligence.

# 12

Building successful relationships.

Anger begins with folly, and ends with repentance.

H. G. Bohn

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.



**Cornerstone Counseling – Group Anger Management Program  
Registration Form**  
(please print clearly)

**Costs:**

Assessment and materials: \$120.00  
Pre-payment for 12 sessions, assessment and materials (3 months): \$650.00 \*  
Monthly payment program for each month (4 sessions per payment) \$200.00

**TOTAL payment:** \$ \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**Payment Options (check one):** \_\_\_ Cash \_\_\_ Visa \_\_\_ MasterCard

\_\_\_ Checks (make payable to: Cornerstone Counseling and mail to address below)

**Credit Card Payment Information (please print clearly).**

\_\_\_\_\_ Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

\_\_\_\_\_ Name as it appears on the card

\_\_\_\_\_ Billing Address for Card (if different than above)

**Credit card payments will be made through CounselCare Connection, P.C. and the What's Good About Anger Institute. Please fax credit card payments to: 630-530-2066**

**Date of program for which you are registering:** \_\_\_\_\_

**Cancellation and Certification Policy:**

- Certificates of completion are awarded to those who complete the 12 week program.
- The various Cornerstone Counseling anger management programs, coaching and counseling services, including this group program, can satisfy many court mandated requirements, corporate required programs and church based requirements. In many instances your insurance provider may assist in the overall payment expenses of the program. Letters of enrollment can be provided
- Payment, in full, in advance, represents a savings of 10% of the total payment schedule. Refunds are not possible once payments are made. Please contact us for additional information as needed.

Should you have any questions please contact:

Dr. James Bedell  
(847) 516-8449 X 1  
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Cornerstone Counseling -- 2615 Three Oaks Road – Suite 2A -- Cary, IL 60013

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