

Dick Kessler has been working with clients to help them deal with their anger effectively for more than 15 years. Other experience includes providing individual, couples, family, and group counseling to those dealing with a wide range of issues and problems.

Dick is a Licensed Psychologist (#4709) and Licensed Professional Counselor (#0405) in New Jersey and holds a NJ DVS certification. He also continues a more than 40-year involvement in a career outside of counseling and coaching.

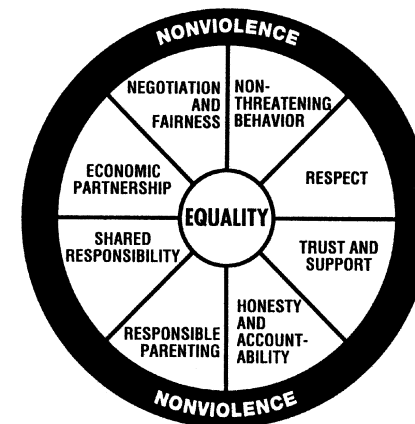
For Additional Information
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ANGER MANAGEMENT COUNSELING

Changing Takes Courage



**FOR MALE &
FEMALE ADULTS
& COUPLES**

Do you find yourself regretting being angry during past conflicts?

Are your angry outbursts increasing in frequency and intensity?

Have you been told that your anger is preventing you from getting what you want?

Do you suffer from 'kick the dog' syndrome?

Has someone close to you told that you are always angry or angry too much?

Are you irritable, frustrated, or in a bad mood so often that people treat you like they are afraid of you?

Those dealing with issues of interpersonal or domestic violence may be provided services under specific and limited conditions.



METHOD
Coaching and/or counseling provided during individual, group, and couples (as appropriate) sessions.

APPROACH
Sessions are individually designed to help you achieve your goal of learning to deal with your anger appropriately and productively without being abusive.

Strengthen known and learn new **SKILLS** to achieve effective expression of ALL emotions.

Cognitive, behavioral, and supportive strategies are used as appropriate.