



Court Ordered Classes
Anger Management
Domestic Violence
Deferred Entry of Judgment (DEJ)

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To whom it may concern:

Our Mission is to rescue, rehabilitate and restore the lives of individuals suffering from anger and to break the cycle of destructive behavior resulting from an inability to manage anger. The individual that is proficient in managing his/her anger is much more likely to hold down a job, experience satisfying personal relationships, and experience a high quality of life. Anger is an extremely important emotion that when channeled properly can be of tremendous benefit.

Court Ordered Classes provides effective anger management treatment services. Our goal to continue to help teenagers/adults gain insight into their anger and its potential consequences and to provide them with some new "tools" that they can use to better manage their anger. Court Ordered Classes helps our clients develop the critical skills they need to maintain a non destructive lifestyle, and to re-enter society as responsible and productive members of the community. It is hoped that the skills learned during this program will last a lifetime.

Anger Management Program Outline:

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| 1: Anger Survey. | 14: Log Your Thinking. |
| 2: Angers Many Faces. | 15: Plan to Change Your Life by Changing Your Thinking. |
| 3: The Power of Anger. | 16: Course Summary. |
| 4: When Anger is Good. | 17: Anger and Abuse: Historical Precedents. |
| 5: Defusing Anger by Managing Stress. | 18: The Magnitude of Domestic Crimes Caused by Anger. |
| 6: Stress Buster Project. | 19: Demographic Features of Violence Due to Anger. |
| 7: Handling Anger Effectively. | 20: Treatment for Anger and its Victims. |
| 8: Anger and Assertiveness. | 21: Revisiting Courses 16-20 with Student Questionnaire. |
| 9: Managing Conflict. | 22: Family and Intimate Relationships. |
| 10: Anger Assessment. | 23: Sexual Factors in Anger Management. |
| 11: Turn Your Anger Into Forgiveness. | 24: Revisiting Courses 22 & 23 with Student Questionnaire. |
| 12: When to Take a Time-Out. | 25: FAQS – Frequently Asked Questions About Anger. |
| 13: Cognitive Distortions | 26: End Course Survey. (Inventories for Assertiveness & Empathy) |
- Special Continuing Take Home Material: Anger Workout**

Sincerely,

Oganes Nardos
Program Director
Court Ordered Classes