

ANGER

RELEASING AND TRANSFORMING ANGER (RTA)

Anger is a normal human emotion that troubles many people today. The stress of everyday life taxes many peoples' ability to cope and they respond with frustration and anger. For some, it is a method unconsciously learned in childhood as a way to deal with conflict. Others use anger as a defense or protection against underlying pain.

Anger, itself, is a biological response to an actual or perceived threat to the person's safety or well-being. In letting us know of danger, anger serves a positive function in our lives. Problems with anger arise, however, when people either stuff their anger or explode; and the anger starts to impact the rest of their lives. Uncontrolled anger can lead to broken relationships, job loss, illness, injury and even violence.

Releasing and Transforming (RTA) goes beyond traditional anger management programs and incorporates both spirituality and body-centered psychotherapy. Building on her experience co-leading anger management groups for Montgomery County's Abused Persons Program, Kathleen E. Scheg, JD, LCPC leads a 15-week group process that includes helping participants:

- Understand the anatomy of anger
- Recognize individual anger triggers
- Release self-angering thoughts
- Transform angry energy
- Identify the underlying pain or stress

Releasing and Transforming Anger (RTA) is held at
Pastoral Counseling Center (PC & CC), 7003 Piney Branch Road, Takoma Park, DC.

For starting dates and times, to register or for individual sessions:

Contact Kathleen E. Scheg at 202-449-3789 ext. 710 or 301-681-3590.