

# 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, LGPC 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

**New series begins January 24, 2007.**

Releasing and Transforming Anger (RTA) is held on Wednesdays 7:30-8:45 P.M.  
Pastoral Counseling Center (PC & CC), 7003 Piney Branch Road, Takoma Park, DC.  
Contact Kathleen E. Scheg at 202-449-3789 ext. 710 to register or for individual sessions.