

Coaching & Counselling

Programmes Details

We offer bespoke and purely One-to-One counselling for angry and stressed individuals across the age and social sphere.

Its purpose is to fill the gap left by most practitioners who are reluctant to concentrate on anger and stress issues. The feeling among counsellors, psychotherapists, psychologists and psychiatrists has been that anger is a '*secondary*' emotion, a distraction from the '*real*' issues confronting their clients. Most often, they sidestepped anger because of its perceived volatility, intensity and destructive potential.

Typically, anger was medicated out of existence, denied or punished. One symptom of mismanaged anger stems from suppression. People hold back their anger completely until it builds out of control and explodes, invariably at the wrong time and for the wrong reason. The headlines are full of these events: child abuse, domestic violence, suicide, homicide, mass murder.

Your anger is expensive. It could cost you your job, your friends and your self respect. We at the London Anger and Stress Clinic specialise in helping people deal with emotional issues in as little as 12 weeks by using our specialist anger counsellors in individual and group settings.

About One to One Assessments

We will deal with various aspects of anger and the difficulties it creates. The process begins with identifying the situations that trigger anger; from more benign expressions of anger to the type that are out of proportion to the presenting problem. When you really engage in the process of looking at your anger, you give yourself permission to feel the unpleasant feelings driving it. By so doing you give yourself a choice: a more constructive way of relieving frustration and a constructive way to manage a situation.

It's difficult to acknowledge that people who mismanage their anger are also in pain. We will look at how to stop behaving in ways that make situations more hurtful. People keep making the same mistakes because no one ever told them what their other options are. They come in to our clinics feeling discouraged and unable to cope. They leave with many new choices and new tools



feeling more equipped and willing to try them out on their jobs or at home with their spouses, parents, or their children. The more successes they have, the better their relationships become, and the better they feel about themselves.

Using the Aggression Prevention Training (APT) system of coaching, we replace years of self-doubt with self-respect, discouragement with encouragement, fear with courage, negative control with positive empowerment, and insecurity with security within oneself. It does not take twelve years on a couch. We do not have that kind of time and neither do you!

Empower yourself with the MYA techniques. We teach people how to use an angry situation to strengthen our most important and most overlooked relationship, i.e. our relationship with ourselves. We learn to stop being afraid of our anger and to start seeing negative situations as opportunities to do something productive and constructive for both our loved ones and ourselves.

Our three-prong approach to treating anger issues are:

- We address the current anger by teaching the client to recognise anger and to validate it for themselves or in another. We also teach them how to recognise mischief, what people do to get across the point they're angry and how not to engage in another's mischief. Mischief is defined as doing anything that does not need to be done or saying anything that does not need to be said. In summary, by learning the definitions of anger and mischief and its four purposes and how to recognise them, the client immediately has new anger tools to use to disengage from mischief and being baited. Anger is often like a tug of war. We teach the clients that they have the choice not to pick up the rope, to do the unexpected. Another tool we teach is to "Agree to disagree". It is a verbal form of answering that disengages the client from mischievous arguments.
- We address the anger that people have been stuffing for years. This anger can cause them to over react to current anger. It can cause them illnesses in the present such as acid reflux, headaches, anxiety, etc. We teach them how to get rid of this built-up anger and to release it using another simple but highly effective tool giving them instant relief.
- We address the issues that cause them to stuff their anger and eventually drive them to our doors; their "attitudes" or beliefs. Unless we are able to identify and replace these mistaken attitudes, they will eventually react and find themselves in another angry outburst.