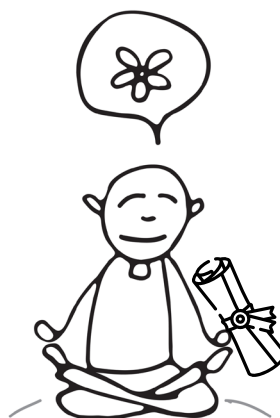


You are Invited to Join our Virtual Group:
MANAGING ANGER AND RELATIONAL TRAUMA

Who is in Control – YOU, YOUR ANGER, ANOTHER?



Certificates will be awarded upon completion.

Details

When: Mondays starting April 25 – June 20, 2022, no session 5/30

Time: 7:30pm – 8:30pm

Where: On Zoom. You will receive the link upon registration.

Cost: \$80.00 for the entire 8 week series.

Scholarships are available based on financial need.

Facilitator: Dr. Paul Engel, DHL, LCSW

Please call: 718-461-6393 for more information.

Workshop Description

In this eight-week virtual group, we will distinguish between appropriate and inappropriate expressions of anger while exploring the hidden emotions behind the anger particularly in view of relational trauma. We will focus on positive strategies and responses to deal more effectively with anger, extreme narcissism and gaslighting including a place for forgiveness.

[Click Here to Register for the Group](#)