

Anger Management

Moral Reconciliation Therapy

The CarePlus Anger Management group is a program for youth 12–18 years of age who show difficulty with anger and engage in delinquent or impulsive behaviors.

Moral Reconciliation Therapy (MRT) is a cognitive-behavioral model that combines education, group counseling, and structured exercises in the form of homework assignments. A systematic, step-by-step group counseling treatment approach that addresses beliefs and reasoning.

Program Goals: Over the 10-week session period, we will work to improve anger management skills, reduce angry outbursts, alleviate impulsive behavior, increase social skills, and improve personal relationships. Co-occurring parenting groups provide parenting strategies.

Specialized Services: Participants are engaged through the use of:

- Hassle logs
- Role-plays
- Rehearsing situations
- Real world scenarios

Weekly sessions target:

- Anger triggers and reducers
- Physical warning signs
- Creative expression
- Coping
- Problem-solving

For more information or to register...

Call Lauren O'Connell at 201-265-8200 x5649
or email LaurenO@CarePlusNJ.org

Our Philosophy:

Coping skills and strengths developed in childhood carry into adult life, helping individuals reach their full potential. With this in mind, we strive to deliver programming and resources that assist individuals in navigating our complicated world.

healing one another...together

