

Tom Wilson, MA, LCPC is an Idaho Supreme Court approved Domestic Battery Evaluator, State of Idaho Licensed DUI Evaluator, and a Licensed Clinical Professional Counselor. He authored "*Taming Anger and Aggression*," a popular Anger Management Class which he has taught for over 20 years.

### 8-16 Hour In-Person Classes

or

### 8, 12 & 16 Hour ONLINE Classes

#### Benefits of Online Anger Classes:

- Self-paced on YOUR schedule
- Access 24 hours / 7 days a week
- Telephone and email support
- Print your Certificate upon completion
- Three levels of online security

These online classes meet requirements for persons required to complete an anger management class by the court, an employer or other referring agency. All classes are supervised by licensed and experienced mental health counselors. Classes focus on skills needed to reduce the negative consequences of anger.

#### IMMEDIATE ASSISTANCE

 **208-368-9909 or 1-877-368-9909**

Our friendly staff is available to assist clients with class information, registration, and scheduling appointments. We accept most major credit cards, personal checks, money orders and cash.



#### Tom Wilson Counseling Center

 WEBSITES:

[tomwilsoncounseling.com](http://tomwilsoncounseling.com)

[twccsolutions.com](http://twccsolutions.com)

[onlineangerclasses.com](http://onlineangerclasses.com)

 E-MAIL:

[twcc@tomwilsoncounseling.com](mailto:twcc@tomwilsoncounseling.com)



514 S. Orchard, Ste.101

Boise, ID 83705

Phone (208) 368-9909

Toll Free: 1-877-368-9909

Fax (208) 388-1687

## COURT APPROVED

# Anger Management Classes



## Making Changes ... for Good

**Tom Wilson Counseling Center**

[www.tomwilsoncounseling.com](http://www.tomwilsoncounseling.com)

## ANGER MANAGEMENT IN-PERSON / ONSITE CLASS

Anger Management Classes consist of twice weekly 1.5 hour sessions with homework assignments.

**Schedule:** Four or more (depending on how many hours are required) consecutive Tuesday and Thursday nights, 7:00 - 8:30 PM. New classes start the first Tuesday of each month.

### FEES:

**8 Hour Class: \$80.00**

**16 Hour Class: \$160.00**

\$20.00 per session.

### NO intake/registration fees.

Fees are non-refundable.

Payment plans available.

We accept major credit cards, personal checks, money orders and cash.

Office hours:

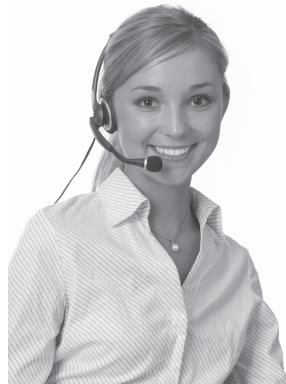
Monday - Friday, 9:00 AM - 5:00 PM

 **208-368-9909**  
Toll Free: 1-877-368-9909

## ANGER MANAGEMENT CLASS CONTENT AND GOALS

*"Taming Anger and Aggression"* is a skill building program focused on improving impulse control and relationship skills.

These classes teach participants specific skills to control anger and resolve conflicts with others. Participants learn the consequences of anger and aggression and how to recognize "early warning" signs and reduce risks for aggressive behavior. It also includes guidelines for regaining self control, de-escalating anger, using effective responses to criticism, constructive communication, steps to resolving conflicts and negotiating differences with others.



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## Online ANGER Classes

8, 12 & 16 Hour Online Anger Management Classes can be taken by persons who are pre-approved by their court or probation department to complete their anger management requirements online. These classes are NOT VALID for domestic violence requirements.

8 Hour Online Anger Management Class: \$150.00

12 Hour Online Anger Management Class: \$225.00

16 Hour Online Anger Management Class: \$300.00

These classes consists of several lessons. Each lesson consists of several pages of material that is presented one page at a time. After the student reads a page or several pages, a review question or questions is presented to help the student recall the information. Each question is graded. After all lessons and review questions are completed with a score of 70% or higher, students complete a brief evaluation to obtain a certificate of completion. Students are given several opportunities to improve their scores.

Register Online:

[www.onlineangerclasses.com](http://www.onlineangerclasses.com)



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