

"ANYBODY can become angry,
that is easy; but to be angry
with the right person, and to
the right degree, and at the
right time, and for the right
purpose, and in the right way,
that is not within everybody's
power, that is not easy."

-ARISTOTLE

WHAT'S GOOD ABOUT ANGER?

LOIS GOOD
GROUP LEADER

Stonebriar Counseling
Associates (SCA) is
purposefully passionate
in providing quality
psychotherapy from a
Christian perspective
that influences the
treatment of
psychological,
emotional, and mental
health issues.

CONTACT US

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WHAT ARE THE GOALS OF OUR PROGRAMS?

To demonstrate that anger is a force that can be put to use for good when people apply healthy strategies, changing self-talk and thinking. To teach individuals to reduce levels of anger in provocative situations and to apply effective coping behaviors which halt escalation and resolve conflicts.

Our programs and resources teach people how to achieve their personal and relational goals through the following skills:

- assertiveness
- behavioral skills - such as the time-out
- empathy
- stress management
- problem-solving
- conflict resolution
- forgiveness

Stonebriar Counseling Associates is affiliated with the Anger Management Institute and teaches the What's Good About Anger? Curriculum. Our staff member has been designated as a Certified Anger Management Specialist-1 with NAMA.

We provide letters of enrollment and certificates of completion for individuals required to attend the groups.

Our Services

- Attendance is mandatory.
- Individual sessions available.
- We offer adult and youth classes.
- Evening and Saturday sessions available.
- 8/12 hour courses completed in 4 weeks.
- Accepted by courts with court documentation available.

\$450 for 8 hour course

\$650 for 12 hour course

All Inclusive Fee: Workbook, Enrollment Letter, Summary and Certificate.

LOIS GOOD

CERTIFIED ANGER MANAGEMENT SPECIALIST-1 WITH NAMA.

PUBLIC EDUCATION FOR 17 YEARS

Areas of Specialty:

- Coping/Social Skills
- Educational/Behavioral Issues
- Emotional Disturbances
- Motivation
- Teen/Adolescent Issues
- Self-Esteem/Self Image
- Peer Relationships
- At-risk-Youth
- Ages 13+

Lois has a passion for working with adolescents and adults and their families. She has experience and interest in working with individuals with anger management issues. Lois utilizes a variety of techniques to best serve her client's needs.