INFORMATION

Programmes conducted at

Bankstown
Campbelltown
Central Coast

Each course is run over six weeks.

Young people seeking to become participants in this course can apply at any time to undergo an assessment for suitability for the program.

APPLICATIONS AND ENQUIRIES:

1300 130 225

BCS LifeCare Counselling and Family Services

R eactions
E motions
A nger
C ontrol
T herapeutic
T alk
A six week program for young people who want to manage anger responsibly
The Realities of Anger

- Anger is an emotion that can be expressed in helpful and unhelpful ways
- Anger can inform us that we have been hurt, violated, or that something is wrong
- Anger can warn us that we are in an unsafe situation
- Anger is expressed physically in our bodies
- Anger can often be used to cover up other emotions we are feeling like sadness, loss, frustration, jealousy and loneliness
- The way we experience anger shapes the way we express it
- Anger may be more than just anger—it may in fact be power and control
- Anger may form part of an abusive cycle known as domestic violence

The Challenge of Change

In order to look at the place anger has in their own lives, young people need to take time to look at what anger is, how they experience it, and what else might be going on for them underneath the anger.

They need to question how they respond when they are angry, and ask themselves if this is helpful, or if they might be expressing their anger in ways that are unhelpful or even abusive.

“R.E.A.C.T.T.” is a program which aims to provide a beginning to the process of understanding and expressing anger more effectively. It examines the concepts of power and control in relationships, and how to build relationships with self and others based on respect.

R.E.A.C.T.T. May Be Helpful If The Young Person...

- Knows there is an anger problem and are ready to consider whether the problem might be theirs
- Tries to manage their anger but just can’t seem to get it under control
- Wants to gain new skills in solving problems
- Is open to hearing new ideas and ways of looking at their relationships

Purpose of the Programme

To provide an opportunity for young people to understand their anger and learn to manage it in responsible ways

FOCUS:

- To engage adolescents in a process of reflection and change about their behaviour.
- To enable adolescents to have a range of choices in responding to life situations.
- To identify the way anger works and take responsibility for managing anger responsibly.
- To increase the skill base of adolescents as they manage their anger.
- To engage in discussions around when anger is actually part of an abusive cycle
- To develop a broader more effective view of male/female roles in relationships