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@PeacemakerCenter
www.thepeacemakercenter.org

OUR MISSION

The mission of The Peacemaker Center is to help people find peace with God, themselves and with others.

The Peacemaker Center is open to anyone for help with:

- Individual, Group, Family Counseling
- Marital Counseling
- Grief and Loss Issues
- Depression
- Anger Management
- Eating Disorders
- Addictions
- Surviving Sexual Abuse
- Life Coaching
- Financial Counseling
- Play Therapy
- Preparing for Marriage
- Clinical Supervision



WE ALL EXPERIENCE ANGER

We all know what anger is, and we've all felt it: whether as a fleeting annoyance or as full-fledged rage. It is a completely normal, usually healthy, human emotion. But when anger gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, and in the overall quality of your life. It can make you feel as though you're at the mercy of an unpredictable and powerful emotion. The consequences of frequent or misplaced anger can be life-altering. The Peacemaker Center's Anger Management Classes are designed to help people manage their anger more effectively and eliminate the negative consequences associated with anger.

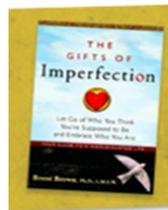
An emotional state that varies in intensity from mild irritation to intense fury and rage, anger, like other emotions, is accompanied by physiological and

biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenaline. The instinctive, natural way to express anger is to respond aggressively. Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviors, allowing us to fight and to defend ourselves when we are threatened or attacked. So it is very true that a certain amount of anger is actually necessary to our survival.

That said, we can't physically lash out at every person or object that irritates or annoys us; laws, social norms, and common sense place limits on how far our anger can take us. Anger can be caused by both external and internal events. You could be angry at a specific person (spouse, coworker, or

supervisor) or event (a traffic jam, a canceled flight), or your anger could be caused by worrying or brooding about your personal problems. Memories of traumatic or enraging events can also trigger angry feelings. People use a variety of both conscious and unconscious processes to deal with their angry feelings. The three main approaches are expressing, suppressing, and calming. Expressing your angry feelings in an assertive—not aggressive—manner is the healthiest way to express anger. To do this, you have to learn how to make clear what your needs are, and how to get them met, without hurting others.

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Living a Wholehearted Life: A Summer Group for Women

- We will create art journals as we dig into Brené's work and develop our connection to ourselves and the others in the group. There is absolutely no art aptitude necessary, just a willingness to have fun and get messy.
- We will meet at The Peacemaker Center in Downingtown on Saturday mornings starting July 12th from 10:30 - Noon!
- To register call the Peacemaker Office at (610) 269-2661 or email susan@thepeacemakercenter.org or Helen@thepeacemakercenter.org



Want a great new way to help The Peacemaker Center? When purchasing items from Amazon, first go to AmazonSmile.com, designate your charity as The Peacemaker Center. Shop away and 5% of your purchase will be donated to the center. What a great and easy way to help us out.



We're now on YouTube! Go to peacemakercenter.org and click on the link to YouTube on the bottom. There will be testimonials from clients and many other videos and references to check out!

Anger can be suppressed, and then converted or redirected. This happens when you hold in your anger, stop thinking about it, and focus on something positive. The aim is to inhibit or suppress your anger and convert it into more constructive behavior. The danger in this type of response is that if it isn't allowed outward expression, your anger can turn inward—on yourself. Anger turned inward may cause hypertension, high blood pressure, or depression. Unexpressed anger can create other problems. It can lead to pathological expressions of anger, such as passive-aggressive behavior (getting back at people indirectly, without telling them why, rather than confronting them head-on) or a personality that seems perpetually cynical and hostile. People who are constantly putting others down, criticizing everything, and making cynical comments haven't learned how to constructively express their anger. Not surprisingly, they aren't likely to have many successful relationships. Finally, you can calm down inside. This means not just controlling your outward behavior, but also controlling your internal responses, taking steps to lower your heart rate, calm yourself down, and let the feelings sub-

side. When none of these three techniques work, anger has won, and you probably need some anger management therapy. Chronic anger - the perpetual inability to recognize, control, and manage anger - is a very real, pervasive, and persistent obstacle that stands in the way of a person's values, goals, relationships, and the ability to succeed in the workplace. The fact that it is very common for judges and probation officials to offer the opportunity to avoid incarceration if an anger management program is completed attests to the importance of addressing this issue. The efficacy of anger management therapy is well documented. The success of evidenced-based anger management classes have resulted in the inclusion of anger management classes in at-risk youth programs and reentry programs for persons returning to their communities following incarceration. Many studies addressing the efficacy of psychosocial treatments of anger have reported that the average participant in a treatment condition was better off than 76% of untreated participants in terms of anger reduction. Treatment approaches such as cognitive relaxation, stress inoculation, relaxation

cooping skills, social skills training, and psychoeducational training have demonstrated positive outcomes in reducing anger and aggressiveness (Glancy and Siani, 2005). *Glancy, G., & Saini, M. A. (2005). An evidenced-based review of psychological treatments of anger and aggression. *Brief Treatment and Crisis Intervention*.

If you would like more information on how Anger Management Therapy can help you, your family, or friends, please visit our website at www.thepeacemakercenter.org. I can be contacted directly at vicki@thepeacemakercenter.org or 610-269-2661 ext. 37

Written by Vicki Shay. Vicki runs our Anger Management Classes in Coatesville and works at the Coatesville and Downingtown Centers.



We had an incredible night and raised over \$24,000! We are very grateful for everyone who helped participate and make this night one to remember! Thank you!

