

How Online Court Ordered Anger Management for Healthy Expression and Domestic Violence Classes Work

You can choose anger management online court ordered class or online domestic violence court ordered class. Once you have made the choice of programs and checked with your jurisdiction about online learning being acceptable, you can complete your purchase.

When you want to take your class, log into the class you have purchased. Your email and password will be used each time you come back to our website for your lesson. Once your registration is complete you can begin your classes immediately. This is a completely self-paced program. There is no time limit to taking the classes. No hassles, easily accessed, convenient, and affordable.

All lessons including lesson One will come with a PDF of this lesson. We recommend you print out the lesson for your own information and to review later.

Each lesson contains text and a short quiz. Some of the lessons will have charts, graphics, or diagrams. We encourage you to take this course over a few weeks and practice the new behaviors you learn here. If new behaviors are not implemented they will not become permanent. This class makes learning these new behaviors easy, the exercises are enjoyable, and new knowledge will increase your feeling of power. You can go back and review the class at your leisure. Save the URLs given at the beginning of each lesson for your use at a later time.

When you complete reading the lesson you will be able to access the quiz for that lesson by clicking on the link at the bottom of your current lesson. Once you have answered all questions in the quiz correctly you will automatically be given the next lesson. You can retake the quiz until your answers are correct.

You can take a break at any time and return to the website, or continue to study the lesson from your printed material. You can take the class as quickly or slowly as you choose. The class is completely self-paced. We recommend giving yourself time to let the new information and suggestions settle into your life style.

Online Classes for Court Anger Management, Domestic Violence, and Co-Parenting



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A Trusted Anger Management Provider since 1993

Online Court ordered Domestic Violence, Anger Management, & Co-Parenting Class

We offer a trusted and reliable program for court ordered anger management online classes. Our online classes are available 24 hours a day from any computer. Access is instant after registration. The Free Certificate of Completion is awarded upon the successful completion of your purchased program and the last quiz is completed. Certificate of Completion will not be issued prior to one week after the first class has been completed.

Our Anger Management courses are ideal for individuals with a court ordered requirement, probation, and other legal requirements or simply for self improvement. Anger Management for Healthy Expression gives you tools to stay out of trouble for the rest of your life.

Domestic Violence is a comprehensive set of lessons on the etiology and prognosis of domestic violence. This program includes anger management and effects of domestic violence on children. The step by step guide in these domestic violence and anger management classes offer insight and exercises for behavior change that actually work.

Learn how to practice and integrate healthy and effective ways to express your angry feelings. Experience new behaviors to control anger and manage stress.

Goals of these programs:

To demonstrate that anger is a force that can be used for good when healthy strategies thinking are in place.

To reduce levels of anger in provocative situations and to learn effective coping behaviors in order to halt escalation and to resolve conflicts.

These online court ordered Anger Management courses will teach you to turn anger into healthy, productive skills such as:

- *problem-solving
- *conflict resolution
- *empathy
- *assertiveness
- *effective communication

and Becoming aware of anger early. Discussion of domestic violence. Express yourself in a way that does not get you into trouble. Communication for assertive anger expression. Self-talk increases your angry feeling. Directions for changing self-talk to positive. Discussion of distorted thinking patterns. What*s bugging you? Effective communication. Fair fighting. Resolution not revolution. Ways to keep anger from exploding. Time out rules.

Court Ordered Domestic Violence. Classes include:

Introduction to healthy anger expression with format as stated above along with the following domestic violence training. Domestic Violence cycle. Boundaries and Personal rights. Alternative anger expression suggestions. Empathy and respecting others rights. Effects of Domestic Violence on children. Dynamics of Molest and how to keep your children safe. Why do spouses stay in an abusive relationship?