

MN MENTAL HEALTH CLINICS

Urgent Care:

For clients who have urgent need for assessment and care:

- next day assessments,
- immediate admission to Adult, Child or Adolescent Short-term Assessment and Treatment Program (STAT), or
- referral to a less urgent option as soon as possible.

Therapy Services:

- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Children, Adolescents and Adults.
- Core Day Treatment Programs for Children, Adolescents and Adults

Horizons Community Support Program:

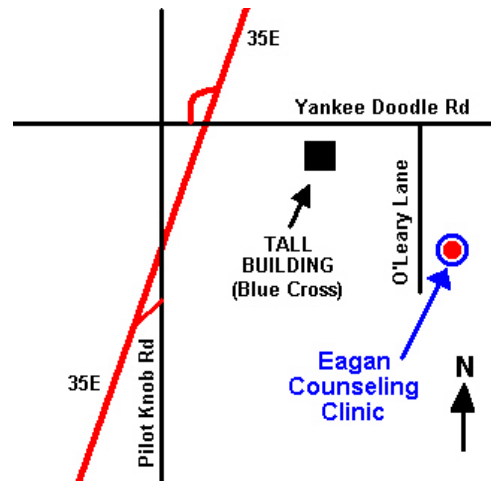
- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

Directions from Hwy 77

- North on Hwy 13
- Right on Yankee Doodle
- Cross 35E
- Right on O'Leary Lane
- At the end of the block on left.

Directions from 35E

- Exit Yankee Doodle
- East on Yankee Doodle from 35E
- Right on O'Leary Lane
- At the end of the block on left.



eagan counseling clinic
3450 O'Leary Lane
Eagan, MN 55123

Phone: 651-365-8222
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www.mnmentalhealth.com

ANGER MANAGEMENT GROUP



MINNESOTA MENTAL HEALTH CLINICS

WWW.MNMENTALHEALTH.COM



ANGER MANAGEMENT GROUP

"Anger is a momentary madness, so control your passion or it will control you." – Horace

"If the only tool you have is a hammer, you tend to treat everything as if it were a nail." - Anon

Does your anger interfere with your::

- Relationships?
- Health?
- Employment?
- Legal Status?

If the answer is yes, the Anger Management Group can help you achieve your goals for change and self-improvement.

The MN Mental Health Clinics Anger Management Group is an 8-week group-based program designed to provide help to individuals who have a history of difficulty in managing anger. Meeting once a week, the program provides a supportive and non-judgmental environment; and teaches the "ABC's" in managing three areas where people with anger problems have difficulty:

- **Arousal**- Group members are trained to recognize high arousal states and to develop relaxation skills.
- **Behavior**- Group members are taught to recognize aggressive behavior and to substitute assertive forms of expression.
- **Cognitive**- Group members are instructed to recognize and change thoughts that elicit anger.

Group members are taught to recognize situations or events that trigger anger and to utilize more effective approaches to managing anger. Staff employ a variety of anger management approaches that include assessment, self-monitoring, group therapy, psycho-education, role play and relaxation techniques.

Brent A. Betterley, MA, LP is the facilitator of the group. Mr. Betterley is a Licensed Psychologist, with a Masters Degree in Counseling from Sonoma State University, Rohnert Park, CA. Practice includes individuals and groups. Specializes in depression and anxiety; grief and loss; coping with serious and persistent mental illness; issues of aging; cognitive behavior therapy; relationship issues; ADHD; certified in hypnotherapy –habit control.

Groups meet once a week in the evening from 6:00-8:00 p.m.. Group size is limited to ten. Health insurance plans may provide coverage for group therapy. Clients without insurance coverage may apply for a sliding fee based on income.

eagan counseling clinic

(a division of MN Mental Health Clinics)

**3450 O'Leary Lane
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To Schedule an Appointment Call

651-365-8222

