

Anger Management

Heartland Clinic
2201 Ferry Street
Lafayette IN 47904
765-446-9898

Evenings Available

Relationships--That's what it is all about. We really struggle when life is full of stress, arguments, chaos, pain, and hurt. We then feel very bad about ourselves and are often simply miserable!

I can help guide you back to those quality relationships you used to have.
Imagine a life filled with much more relaxation and happiness...

What is Anger Management?

Anger Management is an evidenced based therapy program. It also has six weeks of aftercare to help the client retain and practice what has been learned during the first 12 weeks. Workbooks are included.

Learn:

- Reasons for having anger
- Anger reduction strategies
- How to have better relationships
- Ways to reduce stress
- How to make anger work for you

Credentials and Qualifications

I am a Licensed Clinical Social Worker (LCSW) and have a Master of Social Work degree (MSW). I have clinical experience helping adolescents and adults with a wide range of problems including relationship issues, substance abuse, anger, anxiety, depression, and a variety of sexual problems, including concerns about sexual orientation, gender identity, sex offending, and sexual addiction.

Client Population

Anyone who is tired of being angry, wants to get along with their loved ones, friends, and people at the workplace. This is therapy that is aimed at helping the client understand why he or she is having angry feelings and has an education component.

What Anger Management is Not

This program is not simply education. Its emphasis on therapy provides an evidenced based model that often provides much more benefit compared to education alone.

If the primary problem is domestic violence and substance abuse, the client will be referred to appropriate programs.

Referral Sources

Progress Reports are provided upon request and certificates of completion are issued. Clients may be self referred, or sent by probation, DCS, or any other agency.

Times

Individual sessions are available Monday through Friday in the afternoons and evenings. Saturdays are also available. *Client needs to schedule an assessment with Buck Black, LCSW for an assessment prior to attending Anger Management.*

Location

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Payment

Self Pay (credit card, check, cash)
Payment plans available

Medicaid
Medicare

Telephone and online coaching is also available at BuckBlack.com