

Anger Management

Buck Black, LCSW, LCAC
100 Saw Mill Rd.
Suite 3102
Lafayette IN 47905
765-807-6778

Evenings Available

Relationships—That's what it is all about. When life is full of stress, arguments, chaos, pain, and hurt, our relationships struggle. 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 focuses on both education and therapy. Unlike many other anger management programs, there is an effort to get to the root of the problem, instead of simply teaching anger management techniques. Workbooks are included at no extra cost.

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/or substance abuse, the client will be referred to appropriate programs.

Times

Individual sessions are available Monday through Friday in the afternoons and evenings until 9pm.