

# Chinese - American Sunshine House

## 陽光心理安康中心



*Chinese American Sunshine House, Inc. is a 501 © non-profit organization that offers Mandatory Court Ordered Anger Management Classes at 837 58th Street, 3rd Floor, Brooklyn, NY 11220. Participants must attend all 12 sessions in total to receive a Certificate of Completion. Please call Winnie Hu at (347) 208-2733 to schedule your first appointment. If you have any further questions, please feel free to send an e-mail to: [winniehu@chinesesunshinehouse.org](mailto:winniehu@chinesesunshinehouse.org)*

**Facilitated by**

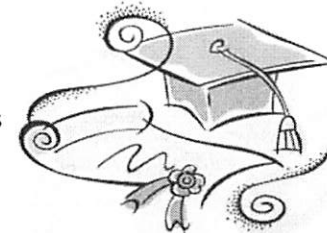
**Licensed Mental Health**

**Professionals**

### **Anger Management Program Sessions**

<u>Session</u>	<u>Title of Class</u>
1	Overview of Anger Management Treatment
2	Events & Cues: How To Understand Your Anger
3	How To Control Your Anger
4	How to Change Your Aggressive Cycle
5	Cognitive Restructuring
6	Review Session # 1: Reinforcing Learned Concepts
7 & 8	Alternatives for Expressing Anger: Conflict Resolution
9 & 10	Anger and the Family
11	Review Session # 2: Reinforcing Learned Concepts
12	Closing and Graduation

Certificate is given upon completion of all sessions



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陽光心理安康中心是一個非營利組織，宗旨在與普及心理精神健康以及提供法庭指定的必修課程。

“情緒管理”是法庭指定的必修課程。該課程分十二個講座，每個講座有專題討論，每十二週循環。完成十二堂專題討論者將授予法庭以及政府機構認可的畢業證書

課程地點： 837 58 街 3樓  
布碌崙， 紐約 11220

聯絡方式： 347-208-2733 胡小姐

或者： [winniehu@chinesesunshinehouse.org](mailto:winniehu@chinesesunshinehouse.org)

主講： 紐約州註冊資深心理輔導員  
紐約州註冊心理專科醫生

## 情緒管理課程表

課程	討論專題
1	情緒管理基礎知識
2	情緒不穩定的因素以及症狀
3	怎樣控制憤怒
4	改善憤怒情緒的途徑
5	培養良好的思維方法
6	強化概念
7 & 8	有效的情緒疏解渠道
9 & 10	家庭與情緒的互相關係
11	強化訓練
12	結束語/畢業證書

