

Aswab offers a form of Anger Management developed from years of psychotherapy experience and originally developed from the anti-violence practice developed at the Everyman Centre in London in the early 1990s.

Our philosophy is that anger is always a reaction to vulnerability, and that this vulnerability is based firmly in early experiences. Many of our clients come to us saying that they cannot understand why they become as angry as they do—our response is that there is always a reason, and that once the reasons for the level of over-reaction has been found, the anger itself is easier to work with.

While working in groups may seem daunting, it is our experience that in dealing with anger and difficulties around inappropriate behaviour groupwork is the safest and most productive environment in which to work. If you need to discuss this, we can do so during the assessment session.

Aswab is a counselling, psychotherapy and training practice, which having been based in Oxford, UK for the past eight years, and moved to Sheffield in 2002.

It was set up by experienced ex-counsellors, trained in psychotherapy at the Chiron centre, in London, to provide a humanistic, holistic-based practice.

Apart from individual and group work, Aswab offers training for counsellors in psychotherapy skills, training in assertiveness and race awareness, and various arts-related growth seminars.

### Contact details

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Psychotherapy  
Counselling  
Child Therapy  
Groupwork  
Supervision  
Consultancy  
Anger  
Management  
Group

**A therapy/support group for men and women wishing to address their angry feelings and behaviour**

**[www.aswab.co.uk](http://www.aswab.co.uk)**

## Steve Williams

Steve has been a counsellor and group worker for twelve years and a psychotherapist for ten. He has worked for mental health centres and in centres offering counselling and therapy to violent men, abuse survivors and their partners.

### The venue

The group will meet in Nether Edge.

### The time

The group will run on Tuesday evenings, from 6.30 until 8pm. There will be 10 sessions, and all members will be expected to attend all sessions.

### The cost

All attendees will have to attend an assessment interview. The cost of this interview will be £50. In exceptional circumstances, there will be a second interview. The 10 session group will cost a total of £250, to be paid fully in advance. There will be a limited number of cheaper places available on a needs basis. Please ask.



"We will provide therapy, personal growth work and professional skills training to individuals and organisations based on their needs and capabilities.

We will base our practice on a belief that emotional damage is a universal truth, that repetitive patterns continue and reinforce that damage, but that an instinctive move towards healing is also a universal truth."

All Aswab therapists are UKCP accredited and registered.

Details of our professional qualifications are available on request.



Aswab is an Arabic word, meaning "more relevant, more fitting, more appropriate, more congruent".

[www.aswab.co.uk](http://www.aswab.co.uk)

### A note to potential group members

In order to balance the group, all potential group members will need to attend an assessment interview. If you are interested in the group, please contact us as soon as possible.

### A note to partners of group members

This group aims to help people stop being angry in inappropriate situations, often in relationships.

If your partner is acting in aggressive or violent ways, we may be able to see him/her, but can not and will not guarantee that they will change.

We strongly suggest that you look at your own safety, and that you do not see attendance to this group as a guarantee, either that they will change, or even that they want to.

If you would like to talk to someone about getting help or therapy for yourself, please feel to contact us.