

Anger Management:

Anger Management is NOT equivalent to BIP. The goal of anger management is to prevent, diffuse or re-direct anger. Therapeutic techniques and exercises are utilized to teach someone with excessive or uncontrollable indiscriminate anger how to reduce the triggers, degrees, and influence of an angered emotional state. Note: If the client has lost their temper indiscriminately, *Anger Management* may be beneficial. If the client's anger/violence is coercive and strategic to control another individual, *BIP* is the appropriate service.

Provider Name	Location	Info	Insurance/ Payment	Point of Contact	Other Services Offered
DART @ Best Life Counseling	1897 Palm Beach Lakes Blvd Suite 222 WPB, FL 33409 561-624-6130	▪ Adults Only ▪ English only ▪ 12 group sessions	▪ No Medicaid ▪ No Private Insurance	<u>DART</u>	▪ BIP ▪ DV Victims Counseling ▪ Individual Therapy ▪ Family Therapy ▪ Parenting Education
TLC Counseling	<u>TLC</u> 1375 Gateway Blvd Boynton Beach, Fl 33426 150 S Pine Island Road Suite 300 Plantation, Fl 33301 561-379-1440	▪ Tues at 8PM ▪ Thurs at 8PM ▪ Spanish ▪ Telehealth (Online/Virtual) ▪ In-Person	▪ \$445	<u>TLC Counseling</u>	▪ BIP