



Alexus Alston, MS, MSW, LISW-CP

Virtual Services in  
SC

[www.peaceandtranquilitycounseling.com](http://www.peaceandtranquilitycounseling.com)



# PROGRAM OVERVIEW

Anger Management & Emotional Regulation Program

# Meet The Facilitator



ALEXUS ALSTON, MS,  
MSW, LISW-CP

*FACILITATOR*

My name is Alexis Alston, and I am a dedicated and passionate Licensed Clinical Social Worker. I have a deep commitment to helping individuals facing various life challenges. I am very excited to bring my education and professional experiences to the field of therapy. I graduated with my Bachelor of Arts in Psychology from Winthrop University and received my Master's Degree in Clinical Social Work from the University of Kentucky. I also received my Master of Science in Forensic Psychology from Walden University. I was born and raised in Myrtle Beach, SC.

My journey into counseling was inspired by my strong desire to make a positive impact on people's lives. I truly believe that all individuals can be resilient. My work history includes working with diverse populations, specifically children, adults, and families. My academic background has equipped me with a solid foundation in therapeutic techniques, counseling theories, forensic psychology, and a deep understanding of human behavior. I love using a hands-on approach in sessions, paired with elements of Cognitive Behavioral Therapy, Solution-Focused Therapy, and Dialectical Behavioral Therapy. I also draw on a range of therapeutic modalities to meet my clients' needs. I am eager to apply my knowledge to support clients on their path to personal growth and well-being.

I take pride in providing a compassionate and empathetic space for clients to explore their thoughts and emotions. I am very dedicated to actively listening and understanding the unique experiences of each individual I work with. As a social worker, I am committed to creating a safe, non-judgmental environment where clients can open up, reflect, and work toward positive change.

# Program Overview



## Program Structure

### Program Length:

- 8 weeks
- 12 Hours Total
- 90 Minute Sessions

### Delivery Format:

- Virtual Live Group
- Hybrid Option (Live + Self-Paced)
- Individual Educational Sessions Available

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## Program Goals

### Participants will:

1. Develop awareness of anger triggers
2. Learn emotional regulation techniques
3. Improve communication skills
4. Increase accountability and self-awareness
5. Develop coping and stress-management strategies
6. Improve conflict resolution abilities
7. Reduce impulsive behavioral responses
8. Build relapse prevention strategies

# ● Intended Audience

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## **Adults seeking:**

- Anger management education
- Emotional regulation skills
- Court-referred programming
- Workplace behavioral improvement
- Personal development
- Communication skill improvement

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# ● Program Structure Completion Requirements

## **Each session includes:**

- Attendance verification
- Check-in
- Educational lesson
- Group discussion
- Skills practice
- Reflection activity
- Homework assignment

## **Recommended requirements:**

- Attend all required sessions
- Participate appropriately
- Complete assignments
- Demonstrate understanding of material
- Follow program rules



# Curriculum Outline

The Anger Management & Emotional Regulation Program is an 8-week psychoeducational and skills-based program designed to assist participants in developing healthier emotional regulation, communication, conflict resolution, and coping skills.

This program is educational in nature and is not psychotherapy or clinical mental health treatment.

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## Week 1

### Topics Covered

- Defining anger
- Anger vs aggression
- Myths about anger
- Physical and emotional warning signs
- Understanding the consequences of unmanaged anger

### Skills Focus

- Emotional awareness
- Trigger identification
- Self-monitoring



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## Week 2

### Topics Covered

- Internal and external triggers
- Escalation patterns
- Stress and anger connection
- Early warning signs

### Skills Focus

- Trigger recognition
- Escalation awareness
- Emotional monitoring

# Curriculum Outline

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## Week 3

### Topics Covered

- Automatic thoughts
- Cognitive distortions
- Assumptions and interpretations
- Reframing thoughts

### Skills Focus

- Thought awareness
- Balanced thinking
- Cognitive restructuring



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## Week 4

### Topics Covered

- Emotional regulation strategies
- Deep breathing
- Grounding techniques
- Impulse control
- Healthy coping strategies

### Skills Focus

- Self-regulation
- Stress management
- Emotional control

# Curriculum Outline

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## Week 5

### Topics Covered

- Communication styles
- Assertive communication
- Active listening
- “I” statements
- Healthy disagreement

### Skills Focus

- Effective communication
- Listening skills
- Conflict communication



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## Week 6

### Topics Covered

- Healthy conflict resolution
- Problem-solving strategies
- Consequence thinking
- Boundaries
- Healthy pauses during conflict

### Skills Focus

- Decision-making
- Conflict management
- Behavioral control

# Curriculum Outline

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## Week 7

### Topics Covered

- Accountability
- Empathy
- Relationship consequences of unmanaged anger
- Healthy relationship habits
- Repairing relationships

### Skills Focus

- Personal responsibility
- Self-awareness
- Relationship improvement



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## Week 8

### Topics Covered

- Relapse prevention
- Identifying risk factors
- Long-term coping strategies
- Maintenance planning
- Goal setting

### Skills Focus

- Long-term emotional regulation
- Behavioral maintenance
- Continued personal growth

# Sample Completion Certificate

## Participants are expected to:

- Attend scheduled sessions
- Participate appropriately
- Complete required assignments
- Follow program expectations and policies

**Participants meeting program requirements may receive a Certificate of Completion and attendance verification documentation.**



# Facilitator Information

**Alexus Alston, MS, MSW, LISW-CP**

- Bachelor of Psychology
- Master of Social Work
- Master of Forensic Psychology
- Licensed Independent Clinical Social Worker (SC)

**Peace and Tranquility Counseling and Consulting Services**

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## IMPORTANT DISCLAIMER

This program is psychoeducational and skills-based in nature and is not psychotherapy, psychiatric treatment, or clinical mental health treatment.

Acceptance of completion documentation is determined individually by courts, probation offices, attorneys, employers, and referral sources.

