

## **Proposal for Samford University Wellness Workshop**

**Name of Proposed Workshop:** Handling ANGER in Healthy Ways

**Name of Therapist:**

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**Summary of Proposed Workshop:**

This 6-week workshop is designed to help participants find new ways to handle the powerful emotion of anger. This includes identifying different types of anger a person might feel toward others, toward themselves, or even toward God. Developing new ways of coping with and responding to anger is also a significant part of the workshop.

**Required Text for Participants:**

*Anger: Handling a Powerful Emotion in a Healthy Way*, by Gary Chapman

**Proposed Day/Time:**

Tuesdays, 4:30-6:00 pm

**Proposed Meeting Dates:**

September 10, 17, and 24  
October 1, 8, and 22

**Proposed Meeting Place:**

On-campus