

About Dr. Pilet

Gordon Pilet holds a Ph.D. in Adult Education, specializing in Psycho-Educational Techniques in treating Anger.

He also holds Masters Degrees in Criminal Justice, Management and Social Work. He is a Licensed Psychotherapist and Licensed Clinical Social Worker in the State of Florida.

He has been adjunct faculty at the University of Maryland, and St. Leo University, where he taught management and psychology.

His book ***Love Lost & Found*** has won national awards and was identified as Best Self Help Book of The year by North American Book Exchange (NABE).

He has been working with men's groups since 1985. Interventions Enterprises was founded in 1996 as a collaborative effort to formulate and treat families in crisis.

During the last 10 years thousands of individuals and families have completed various programs to include Anger Management, Domestic Violence Treatment, Substance Abuse Treatment, DV Victims and Parenting.

Additional Certifications:

- State Certified Substance Abuse Treatment Facilitator
- State/County Certified Batterer Intervention Assessor and Facilitator
- County listed as a provider of Anger Management, Stress Management, and Substance Abuse Services.

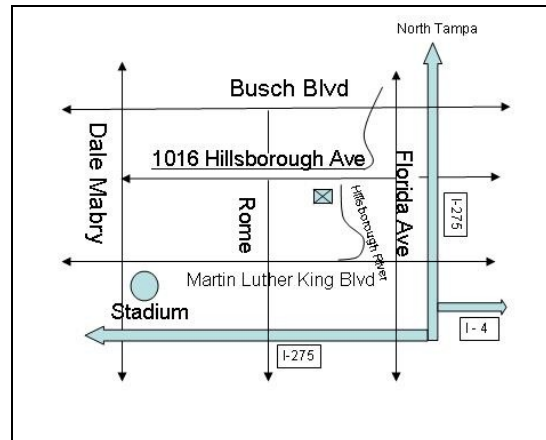
Call to Register (813) 933-8865



Change is a process of exercising alternative behaviors and experiencing positive feedback rewards.

Office Hours:

Mon / Tues	9 AM - 5:00 PM
Wed / Thur	9 AM - 8:30 PM
Fri	9 AM - 4:30 PM
Sat	8 AM - 2:00 PM



Anger Management

12 Week
Course



Interventions Enterprises, Inc.

1016 West Hillsborough Avenue,

Tampa, Florida 33603

Phone: (813) 933-8865

www.interventionsinc.com

*“Making a Difference
... In a Difficult World ”*

Serving Tampa Since 1993

Approved provider 13th Judicial Circuit
Hillsborough County, Florida

MISSION STATEMENT

We are committed to helping individuals and families learn the skills necessary for problem solving in order to allow the individual and/or family unit to meet their full potential.



Anger Management Course Topics

- *Understanding Suppressed, Expressed and Controlled Anger*
- *Understanding Temperament and Reactivity*
- *Learning about Negative Stress and managing its impact*
- *Differences between Reacting Versus Responding*
- *Dealing with Anticipated Negative Events*
- *Understanding Aggressive, Passive and Assertive Styles*
- *Learning about Negative Self Talk and its impact on Tolerance.*
- *Learning the difference between Adapting or Coping*
- *Learning the 6 Conflict Styles*
- *Dealing with Negative, Hostile or Demanding People*
- *Stress Reduction Techniques*
- *Advanced Problem Solving Techniques*
- *The Nine Characteristics of Healthy Relationships*

Learning Objectives

Participants will Learn:

1. How to handle difficult People, Topics or Situations.
2. How to make the best out of tough situations.
3. How to Adapt versus Cope.
4. How to Minimize Reactivity and promote Responsiveness.
5. How to have positive Expectancy and Promote Healthy Relationships.
6. How to understand others needs and let them know your needs.



Instructional Materials:

- Workbook
- Manual
- Handouts

** All materials provided by Interventions at NO COST to participants.*