

MASTERCLASS IN USING THE ROLES PLAYED IN ANGER CARDS

with Pauline Andrew

Tuesday 22nd November 2022

PROGRAMME (Timings Approximate)

Please turn off your video when we show films – thank you!

- 9.30am Welcome
- 9.35am **Session 1: The Roles Played in Anger Cards**
- 9.45am *Demonstration: Sarah explores her own anger*
- 9.55am *Demonstration: Sarah reflects on her key cards*
- 10.05am **Buddy Group Discussion (10 minutes)**
- 10.15am **Anger and the Body**
- 10.20am **Session 2: Anger in the Family**
- 10.25am **Break (10 mins)**
- 10.35am *Demonstration: Hannah explores her family's anger*
- 10.45am **Session 3: Using the Options Cards**
- 10.55am *Demonstration: Hannah explores her Options*
- 11.00am **Buddy Group Discussion (10 mins)**
- 11.10am **Anger is an Attachment Issue**
- 11.15am **Where do we go from here?**
- 11.20am **ANY COMMENTS OR QUESTIONS?**
- 11.30am Updates and Finish