



Spiritually Integrated Body Psychotherapy with Kathleen Scheg

Core Renewal

Updates on workshops and counseling services

Kathleen E. Scheg,
JD, LCPC, NCC

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**Individuals,
Couples, Groups**

Specialties Include:

**Freeing Adults from
Childhood Trauma**

**Releasing & Transforming
Anger**

**Relieving Depression
& Anxiety**

**Empowering Adult
Children of Alcoholics
& Dysfunctional
Families**

Core Career Counseling

*I look forward to
helping you renew
your mind, body
& spirit.*

Releasing and Transforming Anger (RTA)

Anger is a normal human emotion. Uncontrolled anger, however, can lead to broken relationships, job loss, illness, injury and even violence.

The stress of everyday life taxes your ability to cope and you respond with frustration and anger. For some, it is a method unconsciously learned in childhood as a way to deal with stress or conflict. Others use anger as a defense or protection against underlying pain.

Anger, itself, is a biological response to an actual or perceived threat to your safety or well-being. In letting you know of danger, anger serves a positive function in your life. Problems with anger arise, however, when you either stuff your anger or explode; and the anger starts to negatively impact the rest of your life.

Releasing and Transforming Anger (RTA) helps you learn healthy ways to release and transform your anger. RTA goes beyond traditional anger management programs and incorporates both spirituality and body-centered psychotherapy. Pastoral Counselor, Kathleen E. Scheg, JD, LCPC, NCC leads a 15-week group process that helps you:

- Understand the anatomy of anger
- Recognize individual anger triggers
- Release self-angering thoughts
- Transform angry energy
- Identify the underlying pain or stress

New series begins September 21, 2009

St. Mary of Sorrows, Fairfax, VA, Mondays 8:00-9:15 PM
Fee is \$40 per week

Contact Kathleen E. Scheg at 703-568-0525 to register