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**B.Ap.Sc (Psych), Grad. Dip. (Couns),**  
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**Hypnosis; Bachelor of Dementia Care**

Applecross Psychological Services proudly offers Cognitive-Behavioural (CBT) and other therapies to help you manage your anger.

Inside, you will find information on how to manage your anger prior to your session with Dr. Marilyn Barton.

## Anger

Anger is a primary and natural emotion experienced by virtually all humans at times, and is something that has functional value for survival. It is an emotion related to one's psychological interpretation of having been offended, wronged, or denied and a tendency to react through retaliation. It is a normal human emotion that can range from mild annoyance to intense rage, and when it is managed properly, it is not a problem.

Anger is like a pressure cooker. We can only apply pressure against our anger for a certain amount of time until it explodes. Mild anger can sometimes be useful to express strong feelings and deal with situations. However if anger is expressed in harmful ways, or persists over a long period of time, then it can lead to problems in relationships at home, and at work, and can affect the overall quality of our lives.



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## *How to Cope with Anger*



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## What Are The Causes Of Anger?

Anger is often associated with frustration – things don't always happen the way we want and people don't always behave the way we think they should. Anger is usually linked with other negative emotions or is a response to them. Anger can also result from misunderstandings or poor communication between people, as a result of feelings of being hurt, frightened, worried, embarrassed or frustrated. Anger can have many physical and mental consequences, such as a rise in heart rate and blood pressure and a release of stress hormones, which can cause the individual to shake, become hot and sweaty and feel out of control.

## What Will Help?

- Identify the triggers and warning signs of anger:
- List the things that can trigger your anger.
- Notice the warning signs of anger in your body.
- Learn strategies for managing your anger.
- Control your thinking
- Take time out.
- Use distraction.
- Use relaxation
- Learn assertiveness skills
- Try to acknowledge what is making you angry.
- Rehearse anger management skills.

## How Is Anger Treated?

- Understanding your anger.
- Assessing whether your anger is a problem.
- Working out how to get what you want.

## When Is Anger A Problem?

Anger is only a problem when it creates trouble for you with other people, your work, your health and your day to day living or the law. Signs that anger is a problem include:

- Anger involving verbal, emotional, physical or psychological abuse.
- Feeling angry a lot of the time.
- People close to you are worried about your anger.
- Anger is leading to problems with personal relationships and work.
- You think you have to get angry to get what you want.
- Anger lasting for a long time, and well after the triggering event that set it off.
- Anger affecting other situations not related to the original event.
- You are becoming anxious or depressed about your anger.
- You are using alcohol or other drugs to try and manage your anger.
- You are getting angry with the people who are closest to you, or with people who are less powerful than you, rather than dealing with the situation that sparked off your anger in the first place.

## Further Help Needed?

At these times, you may wish to seek help from someone you trust such as a close friend or family member, or professionally through your local GP, or through counselling.

Applecross Psychological Services can assist you with this process.

## Who is Dr. Marilyn Barton?

Dr. Marilyn Barton established Applecross Psychological Services ten years ago to care for the mental health and well being of patients in the southern corridor of Perth. She is an experienced clinical psychologist, who has been counselling children, young adults, parents, families for the last 25 years. Along with her tertiary education, including a PhD, Dr. Barton also possesses a Diploma of Clinical Hypnosis. She is also a member of the Australian Psychological Society's College of Clinical Psychologists.

## How Do I See Dr. Marilyn Barton?

- Appointments can be made via phone or email. You can meet with us or even SKYPE or FaceTime us from the comfort of your own home.
- Monday - Thursday, 9am - 5pm.
- Appointments are 50 minutes long.

