

Anger Management - London

Contributed by nvcresolutions
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Anger Management with Daren De Witt of NVC Resolutions

Is anger management an issue for you? Do you have difficulty containing and expressing your anger? Is your anger sometimes costly for you in terms of the effects it has on others and on your relationships with other people? At NVC Resolution we use the Nonviolent Communication process, which is particularly helpful when we want to get to the core of what is causing our anger and express it in ways that are less painful for others and ourselves. Daren De Witt of NVC Resolutions can support you to understand your anger and manage it more effectively. Together we will explore:

- How the pattern that your anger takes has developed over the course of your life.
- How your thoughts and expectations are fuelling your anger.
- What you can do to manage your anger and communicate what you are wanting in ways that are more effective and less costly.

A course of anger management will typically last between 6 and 10 sessions. The first session is exploratory, with no commitment to continue, to give you an opportunity to see if Daren's approach can help you.

Daren brings to this work 10 years of practising and teaching Nonviolent Communication, as well as an understanding of cognitive processes and personality development. He is also a trained relationship counsellor, so if your anger manifests particularly in your intimate relationships, Daren can help you to resolve this.

To Book an Anger Management Session

If you would like to book a session of anger management counselling, contact Daren at NVC Resolutions, by emailing or phoning him (details on the right hand side of this page) or fill in the enquiry form. You might like to book an initial session of an hour or an hour and a half to explore your issues with Daren, after which you can decide whether you want to book further anger management sessions.

After you have spoken to Daren, you will be required to pay a deposit of £30 to book your first session. You can do so by clicking on the Pay Now button below and following instructions. You can pay either via paypal, or with a credit or debit card if you do not have a paypal account. This deposit is non-refundable if you do not turn up for the session.

Deposit to book an anger management session with Daren

£30.00

Location of my Anger Management Practice

I work from two locations - central London and my home in Buckhurst Hill.

I mainly run my anger management sessions from my home in Buckhurst Hill. I can also use a central London venue by special arrangement, though this will cost extra.

My Buckhurst Hill practice is conveniently located 10 mins from the London A406 and the M25 (junction 26), as well as on the central line, which means that many locations within London, Essex and Hertfordshire are less than 45 mins from me. The followings areas are within easy access of my anger management practice in Buckhurst Hill, either by tube or car:

Abridge, Arnos Grove, Bank, Barnet, Bethnal Green, Bishop's Stortford, Bond St, Bow, Brentwood, Broxbourne, Buckhurst Hill, Canary Wharf, Central London, Chancery Lane, Chelmsford, Cheshunt, Chigwell, Chingford, Cuffley, Debden, East Ham, East London, Edmonton, Enfield, Epping, Epping Forest, Epping Green, Goffs Oak, Hainault, Harlow, Hatfield, Hertford, Highams Park, Hoddesdon, Holborn, Kings Langley, Lambourne, Leyton, Leytonstone, Liverpool Street, London Colney, Loughton, Manor Park, North London, North-East London, North Weald, Ongar, Oxford Circus, Palmers Green, Potters Bar, Redbridge, Rickmansworth, Roydon, Snaresbrook, South Woodford, St Albans, St Pauls, Stapleford Abbots, Stapleford Tawney, Stratford, Theydon Bois, Tottenham, Tottenham Court Rd, Upshire, Waltham Abbey, Waltham Cross, Wanstead, Ware, Watford, Welwyn Garden City, Whipps Cross, Wood Green, Woodford, Woodford Bridge, Woodford Green

Travel times to my Buckhurst Hill practice by car

Distances by car in time to my anger management practice in Buckhurst Hill (in rush hour times may vary, depending on location):

Abridge:Help with anger control here now ... less than 20 mins to my anger management practice from Abridge, West Essex

Arnos Grove:Help with anger control here now ... less than 35 mins to my anger management practice from Palmers Green, Enfield, North London

Bank:Help with anger control here now ... less than 40 mins to my anger management practice from Bank, City of London

Barnet:Help with anger control here now ... less than 40 mins to my anger management practice from Barnet, Barnet, North London

Bethnal Green:Help with anger control here now ... less than 35 mins to my anger management practice from Bethnal Green, Tower Hamlets, East London

Bishop's Stortford: Help with anger control here now ... less than 50 mins to my anger management practice from Bishop's Stortford, Hertfordshire

Bow: Help with anger control here now ... less than 30 mins to my anger management practice from Bow, Tower Hamlets, East London

Brentwood: Help with anger control here now ... less than 45 mins to my anger management practice from Brentwood, Essex

Broxbourne: Help with anger control here now ... less than 30 mins to my anger management practice from Broxbourne, Hertfordshire

Buckhurst Hill: Help with anger control here now ... less than 5 mins to my anger management practice from Buckhurst Hill, Epping Forest District, West Essex

Chelmsford: Help with anger control here now ... less than 60 mins to my anger management practice from Chelmsford, Essex

Cheshunt: Help with anger control here now ... less than 25 mins to my anger management practice from Cheshunt, Hertfordshire

Chigwell: Help with anger control here now ... less than 10 mins to my anger management practice from Chigwell, Epping Forest District, West Essex

Chingford: Help with anger control here now ... less than 10 mins to my anger management practice from Chingford, Waltham Forest, North East London

Cuffley: Help with anger control here now ... less than 30 mins to my anger management practice from Cuffley, Hertfordshire

Debden: Help with anger control here now ... less than 15 mins to my anger management practice from Debden, Epping Forest District, West Essex

East Ham: Help with controlling anger here now ... less than 30 mins to my anger management practice from East Ham, Newham, North East London

Edmonton: Help with anger control here now ... less than 25 mins to my anger management practice from Edmonton, Enfield, North London

Enfield: Help with anger control here now ... less than 30 mins to my anger management practice from Enfield, Enfield, North London

Epping: Help with anger control here now ... less than 15 mins to my anger management practice from Epping, Epping Forest District, West Essex

Epping Forest: Help with anger control here now ... less than 10 mins to my anger management practice from Epping Forest, West Essex

Epping Green:Help with anger control here now ... less than 20 mins to my anger management practice from Epping Green, Epping Forest District, West Essex

Goffs Oak:Help with anger control here now ... less than 30 mins to my anger management practice from Goffs Oak, Hertfordshire

Harlow:Help with anger control here now ... less than 40 mins to my anger management practice from Harlow, West Essex

Hainault:Help with anger control here now ... less than 15 mins to my anger management practice from Hainault, Redbridge, North East London

Hatfield:Help with anger control here now ... less than 45 mins to my anger management practice from Hatfield, Hertfordshire

Hertford:Help with anger control here now ... Less than 45 mins to my anger management practice from Hertford, Hertfordshire

Highams Park:Help with anger control here now ... less than 15 mins to my anger management practice from Highams Park, Waltham Forest, North East London

Hoddesdon:Help with anger control here now ... less than 40 mins to my anger management practice from Hoddesdon, Hertfordshire

Kings Langley:Help with anger control here now ... less than 45 mins to my anger management practice from Kings Langley, Hertfordshire

Lambourne:Help with anger control here now ... less than 20 mins to my anger management practice from Lambourne, West Essex

Leyton:Help with anger control here now ... less than 25 mins to my anger management practice from Leyton, Waltham Forest, North East London

Leytonstone:Help with anger control here now ... less than 20 mins to my anger management practice from Leytonstone, Waltham Forest, North East London

Liverpool St:Help with anger control here now ... less than 35 mins to my anger management practice from Liverpool St, City of London

London Colney:Help with anger control here now ... less than 40 mins to my anger management practice from London Colney, Hertfordshire

Loughton:Help with anger control here now ... less than 10 mins to my anger management practice from Loughton, Epping Forest District, West Essex

Manor Park:Help with anger control here now ... less than 25 mins to my anger management practice from Manor Park, Newham, North East London

North Weald:Help with anger control here now ... less than 25 mins to my anger management practice from North Weald,

West Essex

Ongar:Help with anger control here now ... less than 30 mins to my anger management practice from Ongar, Essex

Palmers Green:Help with anger control here now ... less than 30 mins to my anger management practice from Palmers Green, Enfield, North London

Potters Bar:Help with anger control here now ... less than 35 mins to my anger management practice from Potters Bar, Hertfordshire

Redbridge:Help with anger control here now ... less than 25 mins to my anger management practice from Redbridge, North East London

Rickmansworth:Help with anger control here now ... less than 55 mins to my anger management practice from Rickmansworth, Hertfordshire

Roydon:Help with anger control here now ... less than 25 mins to my anger management practice from Roydon, Epping Forest District, West Essex

Snaresbrook:Help with anger control here now ... less than 15 mins to my anger management practice from Snaresbrook, Redbridge, North East London

South Woodford:Help with anger control here now ... less than 15 mins to my anger management practice from South Woodford, Redbridge, North East London

St Albans:Help with anger control here now ... less than 50 mins to my anger management practice from St Albans, Hertfordshire

Stapleford Abbots:Help with anger control here now ... less than 25 mins to my anger management practice from Stapleford Abbots, Epping Forest District, West Essex

Stapleford Tawney:Help with anger control here now ... less than 25 mins to my anger management practice from Stapleford Tawney, Epping Forest District, West Essex

Stratford:Help with anger control here now ... less than 30 mins to my anger management practice from Stratford, Newham, North East London

Theydon Bois:Help with anger control here now ... less than 15 mins to my anger management practice from Theydon Bois, Epping Forest District, West Essex

Tottenham:Help with anger control here now ... less than 25 mins to my anger management practice from Tottenham, Haringey, North London

Upshire:Help with anger control here now ... less than 15 mins to my anger management practice from Upshire, West Essex

Waltham Abbey:Help with anger control here now ... less than 20 mins to my anger management practice from Waltham Abbey, Epping Forest District, West Essex

Waltham Cross: Help with anger control here now ... less than 20 mins to my anger management practice from Waltham Cross, Hertfordshire

Wanstead: Help with anger control here now ... less than 15 mins to my anger management practice from Wanstead, Redbridge, North East London

Ware: Help with anger control here now ... less than 45 mins to my anger management practice from Ware, Hertfordshire

Watford: Help with anger control here now ... less than 50 mins to our relationship counselling practice from Watford, Hertfordshire

Welwyn Garden City: Help with anger control here now ... less than 50 mins to my anger management practice from Welwyn Garden City, Hertfordshire

Whipps Cross: Help with anger control here now ... less than 15 mins to my anger management practice from Whipps Cross, North East London

Wood Green: Help with anger control here now ... less than 40 mins to my anger management practice from Wood Green, North London

Woodford: Help with anger control here now ... less than 10 mins to my anger management practice from Woodford, Redbridge, North East London

Woodford Bridge: Help with anger control here now ... less than 10 mins to my anger management practice from Woodford Bridge, Redbridge, North East London

Woodford Green: Help with anger control here now ... less than 10 mins to my anger management practice from Woodford Green, Redbridge, North East London

Travel times to my practice by tube

Distances in time by tube to my anger management practice in Buckhurst Hill (these times are from getting on the train to the time you reach my door. I am on the Epping branch of the central line east):

Loughton: Help with controlling anger here now ... 12mins to my anger management practice from Loughton, Epping Forest District, West Essex

Debden: Help with controlling anger here now ... 15 mins to my anger management practice from Debden, Epping Forest District, West Essex

Theydon Bois: Help with controlling anger here now ... 18 mins to my anger management practice from Theydon Bois, Epping Forest District, West Essex

Epping: Help with controlling anger here now ... 21mins to my anger management practice from Epping, Epping Forest District, West Essex

Woodford: Help with controlling anger here now ... 12 mins to my anger management practice from Woodford, Redbridge, North East London

South Woodford:Help with controlling anger here now ... 15 mins to my anger management practice from South Woodford, Redbridge, North East London

Snaresbrook:Help with controlling anger here now ... 16 mins to my anger management practice from Snaresbrook, Redbridge, North East London

Leytonstone:Help with controlling anger here now ... 20 mins to my anger management practice from Leytonstone, Waltham Forest, North East London

Leyton:Help with controlling anger here now ... 23 mins to my anger management practice from Leyton, Waltham Forest, North East London

Stratford:Help with controlling anger here now ... 25 mins to my anger management practice from Stratford, Newham, North East London

Mile End:Help with controlling anger here now ... 29 mins to my anger management practice from Mile End, Tower Hamlets, East London

Bethnal Green:Help with controlling anger here now ... 31 mins to my anger management practice from Bethnal Green, Tower Hamlets, East London

Liverpool St:Help with controlling anger here now ... 34 mins to my anger management practice from Liverpool St, City of London

Bank:Help with controlling anger here now ... 36 mins to my anger management practice from Bank, City of London

St Pauls:Help with controlling anger here now ... 38 mins to my anger management practice from St Pauls, City of London

Chancery Lane:Help with controlling anger here now ... 40 mins to my anger management practice from Chancery Lane, City of London

Holborn:Help with controlling anger here now ... 41 mins to my anger management practice from Holborn, City of London

Tottenham Court Rd:Help with controlling anger here now ... 43 mins to my anger management practice from Tottenham Court Rd, Central London

Oxford Circus:Help with controlling anger here now ... 45 mins to my anger management practice from Oxford Circus, Central London

Bond St:Help with controlling anger here now ... 46 mins to my anger management practice from Bond St, Central London

Canary Wharf:Help with controlling anger here now ... 46 mins to my anger management practice from Canary Wharf, Central London

