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I live in another state. Can I still use your anger management services?

Absolutely. My services are conducted remotely, so you can participate from any location in the US or Canada. If you have been referred by someone other than yourself it is your responsibility to make sure that this program meets their requirements.

What is your contact info?

Linda Chapman

OKC - (405) 628-7619

TULSA - (918) 617-6150

angercare.com

If you need to mail or ship something to me please phone for the best address as I am usually working remotely.

When was this FAQ last updated?

This Anger Management Class FAQ was last updated April 12, 2022.

How long is each class?

Usually 60 minutes

Are there any tips for success in anger management?

Glad you asked!

From Class #2 forward make sure you have your packet of materials with you at each and every class

At class time be in a quiet, private environment without background noise like music, TV, video games, noisy machinery, etc. It's fine to call from your parked car.

Be on time. My time is valuable and so is yours. If you are going to be late please let me know by text or phone. Make yourself familiar with the no show and cancellation policies.

Can I continue beyond the 10 hours?

Yes, and a number of students choose to do so. Just let me know.

What is your success rate with anger management students?

I can't give you statistics because there are too many variables involved. However, I do know the outcome of doing nothing.

As with most things in life you will get out of the program what you put into it.

I was told to take anger management but I don't think I have an anger problem.

I sometimes hear that from people referred by the courts, etc. I am a bit biased of course but I believe most people can benefit from anger management. Once folks get started they tend to agree.

Do you offer couples anger management?

I can work with couples but I work with each person individually.

Is this anger class therapy or counseling?

While I worked as a therapist for many years, I wear a different hat (coach and teacher) as a Certified Anger Management Professional. Anger Care is an educational program, not therapy. However, new learning can be very therapeutic. People often enroll in my anger management classes along with therapy or counseling elsewhere. They may also participate in free support groups like AA, NA, ACOA, Adult Children of Dysfunctional Families, Emotions Anonymous and Celebrate Recovery. Many of those support groups have face to face and online programs.

Is this anger management program court accepted?

The AngerCare certificate of completion has been accepted by Oklahoma courts and courts across the country, as well as employers, DHS, probation officers and others. If you have been referred for classes it is your responsibility to check with your referral source to make sure this program is acceptable to them. Feel free to give them the web address angercare.com

When do I get my class materials?

You will receive a Priority Mail packet of materials shortly after registration.

What if I have other questions?

Call me! It costs nothing to talk to me about the program and your needs. I look forward to hearing from you.

When can I receive an enrollment confirmation or progress report?

Once you have registered, paid and completed your first class I can issue an enrollment confirmation letter or progress report - by request.

Is my registration complete once this form is submitted?

Registration is complete after both the form and payment are received. Appointments are only confirmed after both registration and payment are received.

I don't have a card. Can I pay in cash or by check?

Sorry, I am not set up to receive cash or checks. You can buy a ?Vanilla Debit Card? at Walmart or most drug stores to use to pay online. They cost about \$5.

How can I pay?

You can check out with credit or debit card, CashApp or Venmo. I will give you the payment link when we are in touch to schedule your first appointment .

How do I schedule my first appointment?

You will be contacted after submitting the form below to: a) make payment and b) schedule your first class. You can expect to hear from me within 24 hours of submitting the form (generally it is much faster). If you do not hear from me as expected please phone or text me.

Is my participation confidential?

I will not share any informatipn with anyone inless you sign a confidential release of information.

Exceptions: 1) All records may be subject to subpoena by the courts. 2) I am a mandated reporter of abuse and/or neglect of children and the elderly. 3) If you threaten to harm yourself or someone else I will take appropriate action. (Because I care.)

Will I get a Certificate of Completion at the end of the program?

Yes, provided all fees are paid and all work completed

Is there homework?

?Light? homework is involved. When homework is assigned it must be completed before the next class or you may not receive credit for that class.

What is your attendace & cancellation policy?

You will be charged for no-shows (no-calls) or classes not cancelled/rescheduled with at least 24 hours advance notice,

What is your refund policy?

Purchases are non-refundable. Please resolve any pre-purchase questions before signing up ?

405-628-7619.

What should I do if I am in crisis?

Call 911, go to the nearest emergency room, or call a crisis hotline: +1-800-273-8255

Do I call you or do you call me for my appointments?

It is your responsibility to call me right at the time of your appointments. If I do not pick up immediately (rare) I will call you right back.

When can I make appointments?

Appointments are available beginning at 10 a.m. (Mon ? Fri.) Limited evening appointments after 5 may be available as late as 8p.m. (Central) We will find mutually agreeable times for your classes.

(Pinned) How much does the anger management program cost?

There are three payment options.

Your investment for the program if paid up front is: 349.00. This includes 10 classes, registration and materials. (Package savings: \$51.)

Single 60-minute class: 40.00

How long do I have to finish the program?

You have 80 days from the date of your first class to complete the 10 hour program. Classes not used within that time will expire.

How many weeks is the program?

The basic program is 10, 1-hour classes /10 weeks in length. (Custom length programs may be available ? Please ask)

Does insurance apply to this program?

No. Insurance does not apply to this anger management educational program. However, class pricing is affordable for most people without insurance.

Are there any online classes?

Your program may include streaming video and/or online learning modules as a part of the curriculum for which you may receive class credit. Most of the classes are live over the phone. If you want an online online only program please be aware that nmost referral sources DO NOT accept online anger progtams. However if you are self referred I can help you out with a custom online only (pre-recorded interactive) or hybrid online-phone program.Call me for dettails. We do not use zoom at this time.

How are classes held?

Classes are held individually (live) over the phone by Linda Chapman, Certified Anger Management Professional (Certified Coach, Master Certified in Counseling Skills)

Are these classes the same as domestic violence or batterer's intervention?

No. Those are generally 52 week programs which must be approved by the Oklahoma State Attorney General's office.

What languages are anger classes offered in?

People of all backgrounds are welcome but my language skills are limited to English. You must be able to read, write, speak and understand English.

What ages are served in your anger classes?

Age 18 and over.