



## **About Our Anger Management and Impulse Control Class**

### **Therapy Las Vegas, a service of PARS Holdings LLC**

**hello@therapylasvegas.com**

To the Court, Attorney, or Probation Officer:

This letter describes the anger management and impulse control class offered by Therapy Las Vegas, for a person who wants to take our class to meet a court order.

**Instructor:** A Nevada-licensed clinical professional counselor (LCPC) and Certified Anger Management Specialist-II (CAMS-II), National Anger Management Association, leads every class live. The counselor's name, Nevada license number, and signature appear on each certificate.

**Format:** A live video group with the counselor teaching in real time. No recorded videos and no self-paced lessons. Students keep cameras on for the full class and show photo ID on camera at their first class.

**Schedule:** Saturdays, in two 4-hour sessions, 9 a.m. to 1 p.m. and 2 to 6 p.m. Students complete up to 8 hours a day. Each class hour includes 50 minutes of instruction and a 10-minute break.

**Curriculum:** Structured cognitive behavioral anger management, following the model published by SAMHSA, the federal mental health agency. Topics include anger warning signs, anger control plans, the aggression cycle, changing anger thoughts, assertive communication, conflict resolution, stress and alcohol, family conflict, and relapse prevention.

**Attendance:** Tracked by the hour. A student who joins late, steps away, or turns off the camera doesn't receive credit for the hour.

**Certificate:** Lists the student's full legal name, case number, court, total hours, class dates, and the counselor's name, license number, and signature.

**Verification:** With the student's permission, we confirm attendance and send progress letters. Email hello@therapylasvegas.com with the student's name and case number.

**Scope:** This class isn't a domestic violence or batterer's intervention program.

Therapy Las Vegas