

client accepts that they may have a problem with anger management. Clients who deny that they have any problem with anger control and have no motivation to change, or have significant impulse control problems that might benefit from pre-treatment. These include preparations such as building a therapeutic relationship, enhancing self-esteem, control recognition and competency, personal anger awareness and basic anger and aggression monitoring.

The following are suggested components for the treatment of problematic anger.

1) Engagement, motivation and preparation for change.

- Help the client to focus on acceptance of and responsibility for their anger control problem.
- Help the client clarify expectations and set personal goals.
- Promote client's motivation to change behaviour,
- Encourage the client to practice self-monitoring techniques, such as personal anger diaries and anger charts.

2) Anger-focused interventions

- Help the client to develop Individual formulation of the factors underlying problematic anger, such as beliefs, social and environmental influences, common triggers, anger cycle and coping strategies.
- Help the client develop coping strategies to deal with anticipated triggers. These strategies include escape, de-escalation techniques and alternative responses.
- Enhance client's control of physiological responses, such as tension release techniques, relaxation and stress management.

Clients with anger control problems more than any other disorder, are a risk to other people. For this reason, counsellors should do their best to help their clients control problematic anger so as to reduce the risk.

Grief

Grief is great sorrow or feelings of suffering especially at the death of a loved person. When death occurs, people even children grieve. At this moment, children need to be counselled so that they can come to terms with the death. When counselling grieving children, these points should be followed:

- Tell the child the truth about the death of the loved one and do not try to protect, them by hiding the real cause of the death.
- Allow the child to see your own grief.
- The counsellor needs to repeat over and over that the dead person will never return. At this point, you can give the child the details of how the person died.
- The counsellor should not go along with the child's denial of death.
- Allow adolescents time to grieve before they have to take on an adult role.
- Allow the child to express feelings of anger but if the sadness does not abate after a few sessions of counselling, refer the child to a specialist.

Summary

- Depression and anxiety are common psychological problems for many people who seek counseling.
- To help clients manage anxieties the counsellor should calm them and helps them increase their confidence by acknowledging their strengths, support factors and previous success