

Mr. Gabbard is a consultant/prevention specialist, MEd. working in San Antonio, Texas.

Jim has worked in large urban H.S.'s & an award winning STEM academy. He is listed in the Texas Counseling Association's Talent Bank as a consultant in school mediation; anger management & quality schools. Jim was named "Crisis Counselor of the Year," 2009.

Mr. Gabbard is trained as a family mediator in Texas, including advanced family mediation training; was selected as a coach for the Advanced Negotiation course with an ABA trainer; has completed Advanced Training in Glasser's "Choice Theory" and is Reality Therapy Certified, 2009. Trained as Reality Therapy Practicum Supervisor, 2011.



SignalsforAngerManagement.com



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Signals for
Anger Management®

By James Gabbard



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Partial List of Trainings:

- Texas Counseling Association
- Natl. Symposium Drugs & Gang Violence
- TX Conf. At Risk Students
- Comal County Juvenile Probation
- Southern States Knowledge Conference: Youth Violence Prevention (UTHSC)
- Midwestern State University
- International Conference William Glasser Institute
- St. Mary's University

• Schools— ISD's:

- Comal
- Copperas Cove
- Corpus Christi
- Ft. Worth
- New Braunfels
- North East SA
- Region 20 ESC
- Schertz-Cibilo

Are you aware that the divorce rate is high? Do you know the murder rate is high? What is the child abuse rate? Most of us are aware that these are rates are high. And what is the number one reason people are terminated from their job?

The core problem in each of these situations is "getting along."

Signals for Anger Management is a system to effectively train groups to manage angry behaviors and prevent the above scenarios!

The goal of this booklet and lesson material is to help recognize **angry feelings (yellow signal)**, encourage **calming skills (green signal)**, prevent **angry behaviors (red signal)**, and give opportunities for more positive choices and decisions. When these techniques are utilized, dramatic positive changes start to impact our lives. You can't control the things or the people that trigger angry feelings, nor can you change them, but you can learn to choose your reactions. We can help!