

## **What others have said about Ken:**

*“Ken has the knack for engaging with the young person behind the aggressive, destructive, alienated stance, and helping them release their energies more creatively and constructively.”*

**Dr Henry Luiker, Clinical Psychologist, Parks Clinic, Woollahra NSW.**

*“R.A.G.E. is an excellent program for young people from the ages of 10 -14 years. After working with a small group within our school, both students and their parents have noted the difference in attitude and behaviour of these young men. This program provides opportunities to develop new ways of thinking and responding to challenges and issues confronting adolescents in their daily lives. Under the guidance of Facilitator (and author) Ken Nathan, students are lead through a series of modules which provide a safe environment to explore feelings and emotions. Ken was able to inject a sense of fun into the learning experience as well as managing to keep the objectives of the program firmly in place.”*

**Ms Maxine Miller, School Counsellor, St Dominic’s College, Penrith NSW.**

*Ken is a dynamic group leader with particularly high skills in engaging with young people. He was a valued coordinator of the Zone youth drop-in at Richmond Community Services and developed the RAGE resource within our Family Support program in direct response to a need in working with anger in young people. He has great empathy with the difficulties young people wrestle with and is a valuable member of community services offering and developing valuable initiatives to them.*

**Ms Yatra Sherwood, Manager, Richmond Community Services Inc.**

## **Community Outreach Services and Interventions (COSI)**

**ABN# 83 009 910 440**

**The Breaking Point Breaking Through (RAGE) resource is available upon request or can be downloaded for free from-**

**Family Worker Training and Development Programme Inc.**  
<http://www.fwtdp.org.au>

**Australia Domestic Violence Clearinghouse**  
<http://www.austdvclearinghouse.aunsw.edu.au/>

### **Other services by Ken:**

#### **Managing Anger in Adolescence (MAAD)**

***A 2 hour seminar for parents, teachers, carers or anyone working with young people on how to deal with adolescent anger issues.***

**Ken can be contacted on-**

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**kennethj67@hotmail.com**

**Mobile: 0408 770 869**

*RAGE is a resource owned by Richmond Community Services Inc*



# **R A G E**

## **Re-Navigating Anger and Guilty Emotions**



## **Community Outreach Services and Interventions (COSI)**

## More about RAGE



## What is RAGE?

RAGE is an anger management course for kids aged between 11 and 17. It was initially created by Kenneth Nathan and Carol Musgrave whilst working for Richmond Community Services Inc. Because of the success of the course it was later incorporated into a resource funded by the Department of Community Services' Strategy to Reduce Violence Against Women and called, "Breaking Point Breaking Through."

RAGE is a strength based solution focused program that is hands on, practical and also fun for kids. Parents, teachers, carers and the like have commented on how this course has helped them and their children deal with the most misunderstood human emotion, anger.

## RAGE Content

**Session one – The Many Faces of Anger** – *Participants will be introduced to the four anger styles including physiological symptoms of anger.*

**Session Two – The 4T's Anger Cycle** – *Participants will learn about the anger cycle: Triggers, Thoughts, Tantrums, Troubles.*

**Session Three – Healthy Expressions of Anger** – *Participants will become aware of anger as a normal emotion that can be expressed in healthy ways that are appropriate and not hurt anyone.*

**Session Four – Getting Through the Guilt of Anger** – *Participants will come to understand that guilt is an important part of the cycle of anger and will learn healthy ways to deal with guilt.*

**Session Five – Relaxation, Exercise and Diet** – *Participants will understand the importance of relaxation, exercise, and diet on their state of mind and emotions.*

**Session Six – Summary, Evaluation and Awards** – *A review of the proceeding weeks and what participants felt about the program including completion awards.*

**Each sessions runs for approximately 2 hours**

## About Ken and RAGE

Ken has been running the RAGE course now for a few years and is very passionate about working with kids who have anger issues.

He has worked for many non-government agencies as well as the Department of Community Services and has gained a substantial amount of experience in working with families and children at risk.

Ken is also a qualified trainer and holds degrees in theology, history, and close to completing his qualifications as a Social Worker and Family Dispute Resolution Practitioner.

He enjoys a variety of things but is genuinely committed to social justice and making a difference in the world.

*Kids with any disabilities will be assessed through consultation with caregivers and teachers to determine suitability for the course.*

*If you would like Ken to come and facilitate the RAGE course at your school, community Centre, or would like him to come and train you to use the RAGE resource he can be contacted on the number and email address at the back of this brochure.*

*Prices can be negotiated*