



Corey Turnbull, M.Sc., OAMHP, CAMS-II

- Certified Anger Management Specialist-II, National Anger Management Association
 - Member of the Ontario Association of Mental Health Professionals (*Formerly known as the Ontario Association of Counsellors, Consultants, Psychometrists & Psychotherapists*)
 - Professional Liability Insurance with McFarlan Rowlands
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Anger Management Psychoeducation & Counselling

The client will be supplied with an individualized letter of completion stating the number of sessions attended and any appropriate specifics. Sessions follow the 12-module psychoeducation and counselling curriculum of the National Anger Management Association (NAMA). The client will be presented with material which includes:

- defining anger as a psychobiological emotional state;
- education on the brain and endocrine processes involved in anger including a discussion of the sympathetic and parasympathetic nervous systems;
- the physiological effects of chronic anger;
- using an anger log to identify situational anger triggers and automatic thoughts;
- learning to differentiate between anger levels on an objectively defined 10 point scale;
- calming techniques including cognitive awareness, changing self-talk, mindfulness and breathing-based strategies (eg. diaphragmatic breathing, body relaxation, meditation), and lifestyle changes;
- assertive communication and expressing anger constructively;
- basic conflict resolution skills

If relevant to the client's case, alcohol use and its relationship to anger and anger management will also be discussed. Psychoeducation includes placing alcohol in context with other factors such as stress, hunger, drugs, anxiety, fatigue, and illness, all of which may increase the likelihood of uninhibited anger responses. Alcohol will also be discussed as a common, yet unhealthy, coping mechanism and healthier alternatives will be presented.

The current (2021) rate per 50 minute session is \$105 + 13% HST = \$118.65 and the 12 modules are typically covered in 10 to 12 sessions.



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A Note about Male Type Depression

In 2019, an article in the journal *Psychology of Men & Masculinities* (published by the American Psychological Association) discussed how men might tend to experience fatigue and irritability during depression. It noted that there might be some social pressure for men to hide their symptoms of depression and they might instead express it as anger, being more aggressive, taking more risks.

Anger Management psychoeducation and counselling with men must be sensitive to this gender-specific phenomenon and clients may be referred for diagnosis and treatment as appropriate.



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Corey obtained a Master of Science degree in Psychology from the University of Liverpool where his dissertation explored the interaction of trust, morale, and sense of belonging. He found that they have important implications for learning and behavior. He also completed courses such as: Mind, Brain and Behaviour, Personality, Individual Differences and Intelligence, Social Psychology, and Cross-Cultural Issues in Lifespan Development.

Prior to embarking on his career in the field of psychology he obtained a 3-year bilingual paralegal diploma from O'Sullivan College in Montreal and a *Certificat en droit* (Certificate in Law) from the University of Montreal. He worked for several years at the Montreal office of Stikeman Elliott, s.e.n.c.r.l. and over a decade with the Ontario Public Service, primarily as an Enforcement Services Officer with the Family Responsibility Office.

Corey has completed numerous professional development courses including the following:

- Anger Management Specialist II Certification Course, National Anger Management Association
- How to Work With the Traumatized Brain
- Understanding and Treating Narcissistic Personality Disorder, Envision Counselling & Consulting (*Note: I do not treat NPD*)
- Emotional Intelligence, Centre for Leadership and Learning, HR Ontario
- An Introduction to Male-Friendly Therapy, Nathan Beel, Clinical Member and endorsed Supervisor of the Psychotherapy and Counselling Federation of Australia
- Gottman Method Couples Therapy – Level 1, Gottman Institute
- Applying Positive Psychology in Psychotherapy, Canadian Association of Positive Psychology by Dr. Margarita Tarragona, Clinical Psychologist
- Mind Control: Managing Your Mental Health During COVID-19, University of Toronto

Corey has been interviewed a number of times for print and live-on-air media to offer his perspective on current events. This includes twice by Huffington Post Canada, and you can read the article by Maija Kappler titled '*How to Get Men to Open Up About Their Mental Health*' [here](#). You can also listen to the Merged Media podcast discussing social media and mental health titled '*Dissecting the Social Dilemma*' [here](#).

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