

About The Instructors:

Leigh Arruda, ACSW, LCSW-R, CAS is a licensed clinical social worker, a certified forensic addictions examiner, a certified addiction specialist and a level II EMDR trained therapist. She has a Master of Arts degree in Guidance and Human Development from Long Island University and a Master of Science degree in Clinical Social Work from Columbia University. Leigh has been a clinician for over 20 years and an adjunct professor for 15 years.

Bob Arruda, MS has a Master of Science degree in Sociology from Long Island University and has been a college professor for 20 years teaching various behavioral science courses. He is a retired Police Chief with 33 years of law enforcement experience.

Michelle Bybel, ACSW, LCSW is a licensed clinical social worker in New Jersey, a licensed master social worker in New York and a level II EMDR trained therapist. She has a Master of Arts Degree in Psychological Studies from Seton Hall University and a Master of Science degree in Clinical Social Work from Columbia University.

Contact Information:

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Anger Management

*Theory, Practice,
Interventions*



The goal of our consultancy is to provide education in the real work environment and offer ways to effectively manage anger.

- We will come to your place of business at your request and listen to your assessment of your particular situation.
- We will help you to define your terms and your needs.
- We help you to set realistic, obtainable goals.
- We help you achieve those goals by training your staff to implement the strategies and techniques outlined in our program to ensure that your needs will be met on an ongoing, cost effective basis.

We maintain an educational approach.

- We utilize various effective techniques such as role playing, role reversal and journaling.
- We teach the difference between responsibility and accountability.
- We teach the art of conflict resolution.



When we have completed our program you can expect:

- A greater understanding between management and staff about both the constructive and destructive power of anger.
- A greater feeling of respect between management and employees.
- A higher level of harmony in the work place.

We also offer a twelve week Anger Management Group designed for individuals who are experiencing distress from their inability to manage anger appropriately.

Goal: To learn how to recognize and express anger appropriately.

Modality: Group based treatment with an emphasis on cognitive-behavioral therapy.

Expected Outcome: To be able to recognize, tolerate and respond to anger cues and situations more appropriately.

Fees for all programs and services will be discussed at the time services are requested.