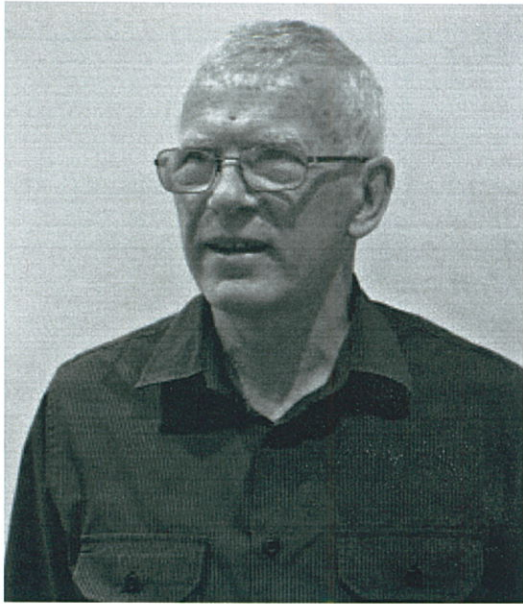


# About Us: Robert McInnes



Robert McInnes- Anger Management Specialist

## **Occupation:**

**Counsellor, specialising in anger management.**

## **Qualifications:**

Master of Arts (Counselling),

Advanced Diploma in Counselling and Family Therapy.

## **Memberships:**

- Australian Counselling Association [ACA] (level 4- highest level)
- Supervisor, Australian Counselling Association (level 3-highest level)
- ACA, College of Clinical Counsellors
- Counsellors Victoria-full member.
- Fellow, Certified Practising Accountant.

## **Background of myself.**

Between 2006-11 I was the principal counsellor at the Active Recovery Centre, Springvale, Victoria, where I counselled 90% of men with drug and alcohol issues. Many of these men were bailed to the house and were monitored 24 hours a day. Their length of stay was between 3 and 12 months. The majority of men had anger issues and the anger management program I developed was aimed at substantially reducing their anger over a short period of time.

In addition to my private practice, I counselled for 7 years at the Wavecare Counselling Service, Glen Waverley, which is funded by the Monash Council and the Department of Human Services. I counselled men, women and families on a wide range of presenting issues.

I have been operating my own practice since 2010 specialising in anger management and couples counselling. I have counselled over 900 clients during this period. I currently see over 200 hundred new clients each year and approximately 120 of those are mandated clients.

In 2014 and 2015 I conducted weekly anger management classes for clients aged between 12-20 years of age at Tandana, and drug and alcohol residential care facility in Mount Waverley providing the only place in Victoria for ice users under 15 years of age.

### **Waverley Emergency Adolescent Care Inc. Annual Report 2013-2014.**

[Extract]TANDANA PLACE TEAM LEADER REPORT "2014 has been a very successful year at Tandana. Anger Management has been a welcome addition to the weekly schedule. Robert McInnes (a specialist in his field) has provided our young people with valuable life skills and methods to manage their anger in a positive way". **Nick Collins, Team Leader**

## **The therapy I use is Cognitive Principle Therapy**

### **Overview:**

The therapy is a combination of psycho-education and counselling (approx 80/20) related to anger management. The model provides the education, while the counselling allows the client to experience the model by sharing the relationship emotions which are taught, namely, trust, respect and acceptance

The psycho-education part of therapy is ideally suited to online counselling because the process included in the online course is delivered exactly the same as in face to face counselling, with the therapist teaching for 80% of the time during each of the four counselling sessions.

In online anger course the counselling option is available by skype or phone for 90 minute spread throughout the four modules of instruction and supports the client to create and apply the tools for reducing anger.

The three elements of educational change are:

- Awareness through education

- Create a new habit and change the bad habit, using four specific tools, but mainly the Stop, find method [TM] which creates the new habit in the subconscious mind.
- Putting the tools into action.