

Group of the Month



Open Dialogue is a group for clients who are oriented to Canyon Manor's program but are not able to participate in a higher functioning discussion group. In this group, clients are able to discuss their experiences and hot topics, which frequently is an event in the news. This helps clients stay engaged in current events and gives them an opportunity to participate in a discussion group at their level. This group meets twice a week at 10:30am.

May Holidays at Canyon Manor

In May we celebrated Cinco De Mayo with a Fiesta which included Mexican music and chips with nacho sauce and salsa. On Mother's Day clients were served ice cream while watching Mother's Day related movies. All the women in the facility were given a single flower to honor Mother's Day. Clients were also given an opportunity to make a Mother's Day card in an Art group. Memorial Day dinner will include hamburgers and potato salad. Also on the 9th, Bread and Roses came to the facility and played live music for the clients.



New Staff Member

The Rehabilitation Department has a new staff member. Tia completed a Master's Degree at California Institute of Integral Studies in San Francisco for Marriage and Family Therapy with a specialty in Drama Therapy. Since then she has worked in child abuse treatment, family trauma and co-led healing retreats. At Canyon Manor she is co-leading multiple groups including Orientation Group, Music Group, Movement Group and the Community Activity. Tia is a great team player and brings a lot of positive energy and new ideas to our treatment program. She was originally from Florida but has been in the Bay Area for seven years. Welcome Tia!

The Nature of Anger



Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage," according to Charles Spielberger, PhD, a psychologist who specializes in the study of anger. Like other emotions, it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenaline.

Anger can be caused by both external and internal events. You could be angry at a specific person (such as a coworker or supervisor) or event (a traffic jam, a canceled flight), or your anger could be caused by worrying

**Monthly Special
Outing**

*For the Special
Outing the clients
will be going to the
movie theater to a
movie of their
choice.*

Contact Us

**Payphone
numbers for
clients**

415-897-9752

415-897-1562

**Canyon Manor
415-892-1628**

**Social Services
Workers**

Jim (Manager)- ext.
319

Rachel- ext. 317

Marina- ext. 321

Dennis- ext. 337

Mario- ext. 318

If there are any
topics you'd like to
see addressed in
the newsletter
please let us know
by calling Rachel at
415-892-1628 Ext
317

If you feel you
have received this
letter in error or
are not interested
in continuing to
receive it, please
call Rachel to be
taken off the
mailing list at 415-
892-1628 Ext 317

or brooding about your personal problems. Memories of traumatic or enraging events can also trigger angry feelings.

Expressing Anger

The instinctive, natural way to express anger is to respond aggressively. Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviors, which allow us to fight and to defend ourselves when we are attacked. A certain amount of anger, therefore, is necessary to our survival.

On the other hand, we can't physically lash out at every person or object that irritates or annoys us; laws, social norms, and common sense place limits on how far our anger can take us.

People use a variety of both conscious and unconscious processes to deal with their angry feelings. The three main approaches are expressing, suppressing, and calming. Expressing your angry feelings in an assertive—not aggressive—manner is the healthiest way to express anger. To do this, you have to learn how to make clear what your needs are, and how to get them met, without hurting others. Being assertive doesn't mean being pushy or demanding; it means being respectful of yourself and others.

Anger can be suppressed, and then converted or redirected. This happens when you hold in your anger, stop thinking about it, and focus on something positive. The aim is to inhibit or suppress your anger and convert it into more constructive behavior. The danger in this type of response is that if it isn't allowed outward expression, your anger can turn inward—on yourself. Anger turned inward may cause hypertension, high blood pressure, or depression.

Unexpressed anger can create other problems. It can lead to pathological expressions of anger, such as passive-aggressive behavior (getting back at people indirectly, without telling them why, rather than confronting them head-on) or a personality that seems perpetually cynical and hostile. People who are constantly putting others down, criticizing everything, and making cynical comments haven't learned how to constructively express their anger. Not surprisingly, they aren't likely to have many successful relationships.

Finally, you can calm down inside. This means not just controlling your outward behavior, but also controlling your internal responses, taking steps to lower your heart rate, calm yourself down, and let the feelings subside.

As Dr. Spielberger notes, "when none of these three techniques work, that's when someone—or something—is going to get hurt."

(from the American Psychological Association's website). Anger Management is addressed at Canyon Manor in several groups including coping skills group.

TALK ABOUT IT.



May is Mental Health Awareness Month