

Help is just a phone call away

If you or someone you know would benefit from our services, call EmPower CTC at 507-292-1379. Our staff will verify your insurance benefits and seek any necessary Pre-authorization when you call.

**EmPower
CT**

*Comprehensive Treatment Center
(a division of Dunatos, Inc.)
Formerly
Wenden Recovery of Rochester*



DeWitz Plaza
602 11th Avenue NW #300
Rochester, MN 55901
Phone: 507-292-1379
Fax: 507-289-4524
Toll Free: 1-800-585-6002
www.empowerctc.com

Our Philosophy

EmPower CTC will offer a complete range of treatment options helping individuals to become violence free. We believe that all individuals, given encouragement and education, are capable of moving toward a more fulfilling life free of violence. In view of this, our services will be psycho-educational in nature; we utilize education, motivational interviewing, encouragement, therapeutic intervention and skill building. We strive to demonstrate a clear belief that each individual can change if they choose to. We further believe that each individual we assist has a unique set of issues to address in their process to be violence free. We strive to match the array of services we offer to the unique individual needs of each person we serve.

What's In A Name??

EmPower . . .

is the translation of our parent corporation, Dunatos. *Dunatos* is a Greek word meaning to give power to, empower, make able. The professional staff at EmPower CTC are available to help people become "empowered" to take control of their life journey.

CTC

stands for "Comprehensive Treatment Center - you are more than just your disease, your diagnosis, your billing code, but a unique individual who can best be helped by treatment that addresses your uniqueness in a "*comprehensive*" way.

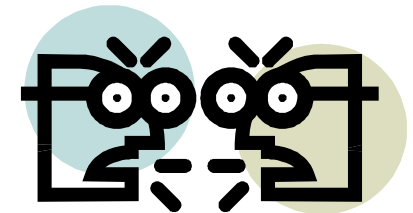
Anger Management Treatment



Service of

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*Empowering individuals and families to
effect change and live fulfilled lives.*

When You Need Help

Knowing and recognizing potential signs of explosive anger is an important step in helping people who may be experiencing problems. This is where caring persons have the opportunity to help. Our professional and knowledgeable staff can assist you in:

- A thorough evaluation to decide what services would be helpful.
- Group and individual services available.
- A treatment plan aimed at the total YOU!
- A focused and intensive program aimed at identified needs.
- Ongoing aftercare to ensure long-term effectiveness.
- Making the appropriate referral as needed.
- Involving family members and loved ones in the treatment process.

Anger Management Programs and Services

The Anger Management Program at EmPower CTC group is designed to help people understand the impact their behavior has on their lives and the lives of their loved ones. It provides a fresh look at alternatives for a safer and happier life.



Program contents include:

- 1 Understanding anger, the rise and fall of emotional control and the feelings behind those explosive reactions.
- 2 Conquering stress in productive ways
- 3 Looking at the other point of view
- 4 Respond don't react
- 5 Self-talk and how it "controls" your behavior
- 6 Effective communication with others – building the relationship
- 7 Skills of anger management
- 8 Looking at your behaviors and emotions.
- 9 Response and recovery – life and anger into the future

We Can Help!

Get out of the Anger Cycle

The Anger Management Treatment Program works with men and women of all ages who are involved in the legal system or for those who recognize the need for help with issues of explosive anger.



For further information or to schedule an assessment call:

EmPower CTC

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