

Court classes now offered at Moving Forward Counseling

Level 1 and Level 2 courses available

Anger Management
Theft
Thinking Errors
Drug and Alcohol Education
Parenting

Level 1 - 4 hours

Level 2 - 16 hours

(Level 2 broken up into multiple classes)

Call Moving Forward Counseling at 801.810.5037

or email info@movingforwardutah.com

Schedule your class today!



MOVING FORWARD
COUNSELING

movingforwardutah.com
9571 South 700 East Suite 1
Sandy, Utah 84070

Level 1 (4 hours – 1 session)

Anger Management

- 2-hour discussion and processing
- 2-hour psychoeducation and working through actual situations where using effective anger management skills could have helped create a different outcome. This will include a pros and cons list with the actual incident that caused the criminal charge, as well as learning early signs of anger and how to effectively manage these emotions in the future.

Theft

- 2-hour discussion and processing
- 2-hour psychoeducation and working through actual situations that led to the theft charges and evaluate the thought process involved as well as begin to create an understanding of consequence and how to use healthy decision making skills in order to avoid consequence.

Thinking errors

- 2-hour discussion and processing
- 2-hour psychoeducation and working through actual situations where thinking errors were used and what skills can be used in order to better recognize and avoid thinking errors in the future.

Drug and alcohol

- 2-hour discussion and processing
- 2-hour psychoeducation and working through actual situations that led to the charges as well as gaining a better perspective of the effects of drug and alcohol abuse. There will also be a discussion about the appropriate settings for legal drugs and alcohol and the risks of using these substances outside of the appropriate settings.

Parenting

- 2-hour discussion and processing
- 2-hour psychoeducation and working through actual situations that parenting concerns originated and evaluating the thought process or impulsive thinking that was involved. Educating parents on healthy communication as well as how to become more confident in their abilities to self-regulate and manage their emotions while modeling healthy coping strategies to their children.

Level 2 (16 hours – broken up into multiple sessions)

These classes will be tailored to the schedule of the participants in either 2 or 4-hour classes and will need to be agreed upon prior to initial class.