

To the Honorable Judge Presiding:

This letter is to inform you about Transformation's Anger Management Online Program. The sessions are taught by a Licensed Professional Counselor who is a certified Anger Management Trainer. The program uses a curriculum consistent with the standards of National Mental Health (NMHA) to insure a quality anger management program.

The sessions are very personal and are taught using a very practical and skill based approach. Each session is geared to not just teach participants to stop the behavior that brought them before the courts, but to give them the tools they need to apply to their lives to ensure positive healthy coping skills are used in the future.

The format used for our online classes is tri-part:

Each session contains a Video portion, a Reading portion, and a Quiz portion that is very personalized. Many checks are in place to ensure the participant fully engages in each session and are not able to skip any sections.

A) – Every session has a **Video portion** that the participant will watch just as if they were sitting in a classroom. Hidden within the videos are questions they must answer to verify the entire video portion was watched and the material was absorbed.

B) – Every session also includes a **Reading Portion** that teaches the material in a very practical skill-based manner. The participants are not just learning to stop the unhealthy behavior, they are learning positive coping skills for how to handle life situations in the future. Every session also includes an interactive portions to allow participants to apply what they are learning to their daily lives. The interactive portion gives them the opportunity to hold the mirror up to their past and to take responsibility for and to evaluate their behavior.

C) – The third portion of the session is the **Quiz Portion**. The participants must answer open ended quiz questions that require them to

apply the material to their own lives and own situations in order to answer the questions. This ensures that they not only absorbed the material taught in that session, but that they are able to apply it to their own lives and their own situations in order to answer the questions.

The classes are on-going and self-paced so participants can start anytime and can complete all portions online 24 hours a day on their own schedule. A total of 26 weekly sessions are available. The Defendant can complete the number of sessions required in their state. **The Defendant pays nothing out of pocket until week 3 which allows low income clients to begin immediately after being released from jail and remain compliant with the courts.**

Each participant is also required to submit a **Completion Speech** at the end of their classes. This letter will be attached to the **Certificate of Completion** that is provided to the court after all sessions are complete.

We look forward to working with you in the near future and look forward in doing our part to make your job easier!

Sincerely,  
Deborah Farber, LPC  
Program Director Transformations Online