

Lancaster Anger Management Program

This program is available as an alternative sentencing program for Lancaster County District Justices to dispose of juveniles and adults cited for disorderly conduct and/or harassment, stalking and protection from abuse orders.

The program will include 4 to 6 hours of group or individual instruction and learning in a variety of anger management techniques.

Pre and post test may be administered to examine gains made. A post 3 to 6 month booster session(s) is available upon request and can be utilized as a refresher course for any person who has successfully completed the program.

Parents are requested to attend the beginning of the first session as well as the last session for introductions and questions.

Upon completion of the course a certificate will be provided.

Program Outcomes

Participants will learn:

- Their anger triggers.

- Their typical thoughts and responses to anger provoking situations.
- Alternative means of expressing their anger and frustrations.
- The difference between protecting oneself versus revenge and retaliation.
- Some of the laws and regulations governing the police, schools, and the district justices.
- Mental and physical methods to diffuse the destructive conflicts enabling the potential for constructive resolutions.

Referrals to L.A.M.P.

Referrals can be made by calling 717-575-7847

L.A.M.P. Fees

Total cost of the group program is \$225.00 and payable to Lancaster Anger Management Program (LAMP). Individual sessions can be arranged. Fees for individualized sessions are consistent with the therapy fee structure.



Gary Friedman, Ph.D.

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Psychologist

Lancaster Anger Management Program
L.A.M.P.



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Gary Friedman, Ph.D.

Dr. Friedman is a licensed clinical psychologist and a certified school psychologist. He has over 30 years experience working in the field of psychology and has spent most of his professional career providing services to school age children and adults.

He received his doctorate from California Coast University, his Master's of Science in Clinical/School Psychology from Millersville University and a Bachelor of Science in Psychology from State University of New York at Cortland.

Specializations

Dr. Friedman works with adolescents, adults and families to resolve issues relating to:

- Substance Abuse
- Chemical Dependency
- Dual Diagnosis
- Trauma and Abuse
- Parent/Child Relationship
- Anxiety
- Mood Disorders
- Anger
- Behavioral Problems
- Social/Emotional Adjustment Difficulties
- ADHD

Intervention and Evaluation

Dr. Friedman is trained to utilize the following clinical methods:

- Individual and Family Psychotherapy
- Cognitive Behavioral Therapy
- Strategic Therapy
- Anger Management Groups
- Consultations to school, juvenile probation and community organizations

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- Psychological Evaluations and Psycho-educational Testing.
 - ADHD Evaluations
 - Drug and Alcohol Evaluations
 - Threat Assessment

Insurance

Services are covered by many insurance plans. Please be advised that we bill most major insurance companies, however, we strongly encourage you to contact your insurance company and inquire about your mental health benefits. You can also call the office at 717-575-7847 for details.

Appointments

Call 717-575-7847. You can leave a message in the confidential voice mail. Your call will be returned as soon as possible.

Office hours are by appointment.

Evening hours are available.
