



# The Twelve Steps of Anger Management

*Dr. Laurel Stephens Shaler*

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## **The Twelve Steps of Anger Management** Dr. Laurel Stephens Shaler

Dr. Laurel Stephens Shaler has a Master of Social Work Degree and a Doctor of Philosophy Degree in Counselor Education and Supervision. She is a licensed psychotherapist who has worked primarily with veterans of the United States Armed Forces, and is also an adjunct professor for local universities. Laurel lives with her husband, Ensign Nicholas Shaler, in the beautiful upstate of South Carolina. They are active members of their church and enjoy spending time with family.

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