

Dr. Carlos Todd Launches Major Expansion Across MasteringAnger.com, MasteringConflict.com, and CouplesFightSchool.com

New Anger Management Courses, Relationship Workbook, and Therapy Services Across Three Online Platforms



Conflict Coaching
and Consulting Inc

Conflict redefined

Charlotte, North Carolina May 27, 2025 ([IssueWire.com](http://www.IssueWire.com)) - In a major expansion aimed at helping individuals, couples, and professionals build healthier emotional and relational lives, nationally

recognized conflict resolution expert **Dr. Carlos Todd, LCMHC, PhD** is announcing a powerful lineup of new offerings across his three platforms: **MasteringAnger.com**, **MasteringConflict.com**, and **CouplesFightSchool.com**.

MasteringAnger.com Launches Multi-Hour Certified Anger Management Courses

MasteringAnger.com now features an expanded catalog of **certified anger management and emotional control courses** available in **4, 6, 8, 12, 16, 26, 36, and 52-hour formats**. Designed for court-mandated participants, professionals, and personal growth seekers, these on-demand classes offer:

- Instant certificate upon completion
- Mobile-friendly learning with video, quizzes, and real-life application
- Evidence-based tools developed from 25+ years of clinical experience
- Compatibility with court, probation, EAP, or HR referrals

“We’ve created the most flexible and scalable online anger management platform available,” says Dr. Todd. “No matter your background or time constraints, there’s a course to meet your needs.”

MasteringConflict.com Expands Private Counseling and Coaching Services

MasteringConflict.com continues to grow as a boutique virtual therapy and conflict coaching practice for couples, families, and professionals. New offerings include:

- **Online therapy for couples and individuals**
- **Virtual workplace conflict coaching** for leaders and teams
- **Conflict intensives** and custom consulting for organizations
- Insurance and self-pay options for accessible care

The practice specializes in working with high-stress professionals and couples experiencing communication breakdowns, unresolved resentments, or high-conflict patterns.

CouplesFightSchool.com Debuts *The F.I.G.H.T. Plan* Workbook for Couples

Dr. Todd’s newest book, ***The F.I.G.H.T. Plan: A Revolutionary Couples’ Communication and Conflict Resolution Workbook***, is now available through **CouplesFightSchool.com** in both shippable and downloadable formats.

The workbook guides couples through what to do *before, during, and after* a fight using a five-step framework (F.I.G.H.T.). It includes access to exclusive **interactive online exercises** designed to deepen learning and spark real change.

“Couples don’t just need to talk more—they need a plan. *The F.I.G.H.T. Plan* gives them a step-by-step process to turn conflict into connection,” says Dr. Todd.

About Dr. Carlos Todd

Dr. Carlos Todd is a Licensed Clinical Mental Health Counselor and founder of **Conflict Coaching & Consulting, Inc.** With over 25 years of experience and having worked with more than 1,000 couples, he is a national authority in anger management, couples therapy, and organizational conflict coaching. His work integrates psychological insight, practical strategies, and culturally sensitive care.

Explore the New Offerings:

www.MasteringAnger.com – Certified anger management courses (4 to 52 hours)

www.CouplesFightSchool.com – *F.I.G.H.T. Plan* workbook & interactive tools

www.MasteringConflict.com – Private therapy, coaching, and consulting

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