

Outline

The Truth About Anger

Costs of *Un*-mindful Anger
A New, Expansive Approach to Dealing with Anger and Trauma
Processing Anger: Why Anger In Must Become Anger Out
Benefits of Mindful Anger: How This Volatile Emotion Heals
Purposes of Anger

Emotional Mindfulness & Body Awareness Skills

Leverage the Power of Mindfulness
Use Emotional Mindfulness to Get in Touch with Our Inner World
Distinguish Sensations from Emotions
Transmute Anger into Emotional Wisdom
Overcome Common Obstacles to Mindfulness

The Anatomy of Anger

Predominant Anger Styles
Common Triggers to Anger
Passive Aggressive Behavior
The Impulse That Precedes the Emotion
Physical, Mental and Emotional Anger Cues
The Antidote to Impulsivity
Faulty Beliefs and Unrealistic Expectation

Strategies for Handling Anger in the Therapeutic Setting

The Discomfort of Anger: Help Clients Stay in the Window of Tolerance
Monitor the Client's Physiology: Tracking the Body
Facilitate Affect Regulation
Mobilize Client Resources to Meet the Discomfort of Change
Stay within Your Own Window of Tolerance

Beneath Anger: Five Steps to Uncovering and Healing Childhood Wounds

How Attachment-Related Issues Lead to Anger
Step 1: Access Anger through Breath Work
Step 2: Discover Old Wounds
Step 3: Mobilize Energy through Telling the "Story"
Step 4: Provide the Missing Experience
Step 5: Perform an Emotional Release

Mindful Anger Strategies to Improve Relationships and Self-Esteem

Develop Resilience through Self-Compassion and Gratitude
Replace Reactivity with Research-Based Empathy

Objectives

1. Communicate how the application of mindfulness can create breakthroughs for clients with any anger style.
2. Explore techniques of mindfulness and body awareness that help clients to read their physical, mental, and emotional cues to anger.
3. Evaluate the secret mechanism within the chain reaction of anger that provides the antidote to impulsivity.
4. Implement 5 powerful steps that can reveal old wounds and move clients toward healing and forgiveness, improved relationships and self-esteem.
5. Determine the severe challenges of passive-aggressiveness and learn key tools for helping clients to eliminate this unhealthy pattern of coping with anger.
6. Develop your ability to effectively handle anger—both your clients' and your own—in the therapeutic setting.





Applications of the Adult Attachment Interview
DR. DAN SIEGEL
1.5 CE HOUR

HURRY OFFER EXPIRES
August 15, 2017
www.pesi.com/siegel-free



Earn CE where you work! Bring this training & many others to your facility!
www.pesi.com/inhouse

56169

Mindful Anger

THE ART OF TRANSFORMING A
DIFFICULT EMOTION INTO A
POWERFUL THERAPEUTIC TOOL

Featuring
Andrea Brandt, PhD, MFT
National Speaker and Author

Anaheim, CA
Wednesday, September 27, 2017

Marina Del Rey, CA
Thursday, September 28, 2017

Ontario, CA
Friday, September 29, 2017



A NON-PROFIT ORGANIZATION
CONNECTING KNOWLEDGE WITH
NEED SINCE 1979

Anaheim, CA
Wednesday, September 27, 2017

Marina Del Rey, CA
Thursday, September 28, 2017

Ontario, CA
Friday, September 29, 2017

REGISTER NOW: pesi.com/express/56169

REGISTER NOW: pesi.com/express/56169

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

Mindful Anger

THE ART OF TRANSFORMING A
DIFFICULT EMOTION INTO A
POWERFUL THERAPEUTIC TOOL

- A new, expansive approach to dealing with anger and trauma
- A 5-step program to help clients identify, process and release old wounds
- Assessments and exercises to deepen client self-awareness, accelerate growth, and strengthen relationships and self-esteem

Featuring
Andrea Brandt, PhD, MFT, National Speaker and Author

Both of my parents repressed their anger. They were like two simmering volcanoes ready to blow at any moment. They treated each other, and me with the kind of pervasive abuse that is harder to see than hitting. I too, eventually developed this unhealthy, passive-aggressive way of getting my feelings out.

By the time I got married, I was totally cut off from my feelings. I intellectualized my experiences. One day in group therapy, a man made a remark that triggered my repressed anger. I stood up, started screaming, and began swinging my purse around in the air. I had become the erupting volcano. I totally lost control.

After this event I felt noticeably lighter, freer. I sensed that there was value for me, and for others, in tapping into anger, getting it moving through us, and then releasing it.

I discovered that anger, it turned out, wasn't a bad thing. Rather, it was **the key** to emotional freedom!

When I first became a therapist, there was very little information about dealing with anger—either the client's or our own. Then, as strategies did begin to emerge—I found that they didn't really work. Frustrated and wanting more for my clients, I set out to discover what was missing. I wanted to know what more needed to be done to help people **truly** heal.

After years of trial and error working with thousands of clients, I finally found the answer. I call it Mindful Anger.

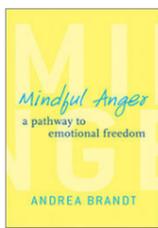
This **proven 5-step program** for processing and releasing anger is based on mindfulness and has delivered healing for client after client, with an amazing 80% success rate. I will walk you step by step through the cutting edge strategies and comprehensive transformational process that can bring life-changing wisdom to patients of all types – attachment wounds, abuse and trauma. Find out how to use anger as a key to unlocking your patients' past and present, moving them to greater self-awareness and emotional release, empowering them to make lasting change. Walk away with a simple exercises, assessments and tools that you can use to engage your clients in the mindful anger process.

Hope to see you there!

Andrea Brandt, PhD

Mindful Anger

THE ART OF TRANSFORMING A DIFFICULT EMOTION INTO A POWERFUL THERAPEUTIC TOOL



Mindful Anger A Pathway to Emotional Freedom

By Andrea Brandt, PhD, MFT

Buried anger is expressed in a continuum, with rage and aggression at the top, and frustration, annoyance, irritation at the bottom, and everything in between. Unless this anger is addressed, it is impossible to overcome. This book urges readers to practice mindfulness—deliberately allowing physical sensations and emotions to surface so they can be examined and released. This sort of processing of anger—fully felt in the body as it happens, moved out through appropriate expression, and let go—will allow readers to process anger before it becomes unhealthy. Whether for you or your clients, this book offers simple tools of mindfulness to strengthen your connection with your inner world and learn to explore your anger, paying heed to the important messages it is sending.

your presenter!



8 Keys to Eliminating Passive-Aggressiveness

By Andrea Brandt, PhD, MFT

This book offers effective methods for transforming passive-aggression into healthy assertiveness to communicate in constructive ways through eight keys: Recognize Your Hidden Anger; Reconnect Your Emotions to Your Thoughts; Listen to Your Body; Set Healthy Boundaries; Communicate Assertively; Interact Using Mindfulness; Disable the Enabler; and Problem-Solve for Better Outcomes. Hands-on exercises are featured, enabling readers to better understand themselves.

your presenter!

Questions?

Call customer service at **800-844-8260**

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Live Seminar Schedule

7:30 Check-in/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

CALIFORNIA ALCOHOLISM & DRUG ABUSE COUNSELORS: PESI, Inc. is an approved provider with the California Association of Alcoholism and Drug Abuse Counselors (CAADAC) Provider #: OS-03-036-1017. This course meets the qualifications for 6.0 hours of continuing education credit.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 6.25 contact hours.

CALIFORNIA NURSES: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 6.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance. Please bring your license number to the seminar; certificates of successful completion will not be issued without your license number.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/LICENSED EDUCATIONAL PSYCHOLOGISTS: The State of California, Board of Behavioral Sciences will recognize and accept continuing education programs that are sponsored by providers approved by the American Psychological Association and the ASWB. Full attendance at this course will qualify for 6.0 hours of continuing education credit.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

How to Register:

MINDFUL ANGER: THE ART OF TRANSFORMING A DIFFICULT EMOTION INTO A POWERFUL THERAPEUTIC TOOL

ONLINE

pesi.com/express/56169

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

For your convenience, confirmations are sent via email.

2 Check location: (make copy of locations)

ANAHEIM, CA

September 27, 2017 [56169ANA]

Anaheim Majestic Garden Hotel
900 South Disneyland Drive • 92802
(714) 778-1700

MARINA DEL REY, CA

September 28, 2017 [56169MDR]

Hilton Garden Inn
4200 Admiralty Way • 90292
(310) 301-2000

ONTARIO, CA

September 29, 2017 [56169ONT]

The Ontario Convention & Airport Hotel
2200 East Holt Blvd • 91761
(909) 975-5000

PLEASE RETURN ENTIRE REGISTRATION FORM

REGISTER NOW!

www.pesi.com/express/56169

ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:
\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260. Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**

Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.



FOR OFFICE USE ONLY
Fed ID # 26-3896894 © 2017 PESI, Inc.

TF

Speaker



Andrea Brandt, PhD, MFT is a marriage and family therapist located in Santa Monica California. Andrea brings over 35 years of clinical experience to the role of individual family therapist, couples counseling, group therapy and anger management classes.

Dr. Brandt is a recognized expert in treating a full range of emotional issues, including anger & aggression, anxiety & trauma, aging, relationships, work-life balance, workplace, and women's issues.

In her workshops, patient sessions and presentations, Dr. Brandt reveals positive paths to emotional health that teach you how to reinvent and empower yourself. She emphasizes the mind-body-heart connection as a key

to mental, physical and emotional wellness.

Upon pioneering a new approach to emotional healing, Dr. Brandt directed her attention to the study of anger management and conflict resolution. In her book *8 Keys to Eliminating Passive-Aggressiveness* (W.W. Norton, 2013), Dr. Brandt examines strategies for overcoming a common yet debilitating response mechanism. In her second book, *Mindful Anger: A Pathway to Emotional Freedom* (W.W. Norton, 2014), Dr. Brandt explores methods to better understand and manage the powerful emotion of anger.

For more information, visit mindfulangerworksop.com.

Speaker Disclosure:

Financial: Andrea Brandt maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Nonfinancial: Andrea Brandt is a clinical member of the American Association of Marriage and Family Therapy (AAMFT); and of the California Association of Marriage and Family Therapy (CAMFT).

Seminar on CD or DVD Package: If you cannot attend this seminar, you can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Valuable Seminar For Professionals

Counselors • Social Workers • Psychologists • Marriage and Family Therapists • Addiction Counselors • Case Managers • Therapists • Nurses • Other Mental Health Professionals

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Teresa Fisher at tfisher@pesi.com or call 715-855-8214.