# 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

Benefits of Mindful Anger: How This Volatile **Emotion Heals** 

Purposes of Anger

#### **Emotional Mindfulness & Body Awareness Skills**

Leverage the Power of Mindfulness Use Fmotional 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

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

**ONLINE COURSE** 

Shame Shields

Brené Brown, Ph.D. 1 CE HOUR

HURRY OFFER EXPIRES March 15, 2018

www.pesi.com/brown-shame

Bring any training 🔏 topic in-house!

Convenient • Cost-Effective • Customizable www.pesi.com/inhouse

# Mindful Anger

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

Featuring

Andrea Brandt, PhD, MFT

National Speaker and Author

Woburn, MA Wednesday, April 25, 2018

> Waltham, MA Thursday, April 26, 2018

> > Dedham, MA Friday, April 27, 2018

www.pesi.com

and trauma

release old wounds

and self-esteem

Featuring

A Non-Profit Organization CONNECTING KNOWLEDGE WITH NEED SINCE 1979

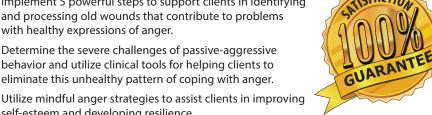
Woburn, MA Wednesday, April 25, 2018

Waltham, MA Thursday, April 26, 2018

> Dedham, MA Friday, April 27, 2018

Objectives

- 1. Communicate how the application of mindfulness skills can create treatment breakthroughs for clients with any anger style.
- 2. Explore techniques of mindfulness and body awareness that help clients identify and effectively respond to 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 to support clients in identifying and processing old wounds that contribute to problems with healthy expressions of anger.
- 5. Determine the severe challenges of passive-aggressive behavior and utilize clinical tools for helping clients to eliminate this unhealthy pattern of coping with anger.
- 6. Utilize mindful anger strategies to assist clients in improving self-esteem and developing resilience.





PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.

**REGISTER NOW: pesi.com/express/61193** 

**REGISTER NOW: pesi.com/express/61193** 

Mindful Anger

THE ART OF TRANSFORMING A

DIFFICULT EMOTION INTO A

POWERFUL THERAPEUTIC TOOL

A new, expansive approach to dealing with anger

A 5-step program to help clients identify, process and

accelerate growth, and strengthen relationships

Assessments and exercises to deepen client self-awareness,

Andrea Brandt, PhD, MFT, National Speaker and Author

oth 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,



EMOTION INTO A POWERFUL THERAPEUTIC TOOL

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 selfawareness 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

# 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 is an author for WW Norton and receives royalties. Dr. Brandt receives a speaking honorarium from PESI, Inc.

Non-financial: 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

\*SAVE by including these products with your seminar registration!



Andrea Brandt, Mo. M

ANDREA BRAND

#### Mindful Aging

Embracing Your Life After 50 to Find Fulfillment, Purpose, and Joy

The acclaimed Mindful Aging is full of exercises and tools to help you embrace a new mindset and blaze a new trail in your life fueled by passion, purpose, and creativity. Through research, inspiring stories of real people, and Dr. Brandt's psychological insight, you'll be able to claim the immense joy and love that are yours to have, the deep wisdom that is yours to share, and the exciting self-discoveries and contributions that are uniquely yours to make.

## Mindful Anger

A Pathway to Emotional Freedom

By Andrea Brandt, PhD, MFT

By Andrea Brandt, PhD, MFT

This book urges readers to practice mindfulness-deliberately allowing physical sensations and emotions to surface so they can be examined and released. 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.

### **Ouestions?**

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

your presenter!

your presenter!

**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**

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 of 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 you 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.

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.

MASSACHUSETTS COUNSELORS: Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LMHC CE certification.

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

MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS: This course has been submitted for review for continuing education approval. Credit is

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program

**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

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.

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.

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

Please complete entire form (to notify you of seminar changes):

please print: staple duplicate forms.

See mail code box on address panel on reverse side

Mail Code:

**Employer Name** 

Dept/Floor/Suite

Home/Cell Ph (

E-mail address

#### ONLINE

pesi.com/express/61193

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

**2** Check location: (make copy of locations)

Courtyard Boston/Woburn North

700 Unicorn Park Drive • 01801

61193WOB

61193WAM

61193DED

The Conference Center at Bentley University

175 Forest Street • Lacava Building • 02452

MAIL

PESI PO BOX 1000 Eau Claire, WI 54702-1000

**■ WOBURN, MA** 

(781) 938-9001

■ WALTHAM, MA

(781) 891-2273

DEDHAM, MA

April 27, 2018

25 Allied Dr • 02026

(781) 329-7900

Hilton at Dedham Place

April 26, 2018

April 25, 2018

For your convenience, confirmations are sent via email. Check tuition:

**TUITION WITH SEMINAR MANUAL** 

\$199.99 - choose one of the options below: per person for 2 or more preregistering together —OR single registration postmarked 3 weeks prior to seminar date

Profession

County \_\_\_\_\_

\_ Zip \_\_\_\_\_

**\$219.99** standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

**\$16.99\* Mindful Aging** book

**\$22.95\* Mindful Anger** book

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

## 4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

Check	enclosed	payable	to	PESI, Inc.

☐ MC 16 digits	☐ VISA 13-16 digits	☐ AE 15 digits	☐ Discover Novus 16 digits				
Card # _							
Card Exp.	V-Code #*:						
c							

MT. NH. OR

CAN'T ATTEND THE SEMINAR?

(\*MC/VISA/Discover; last 3-digit # on signature panel on back of card.)

#### ADA NEEDS

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

**REGISTER NOW!** 

www.pesi.com/express/61193

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**

- FREE MILITARY TUITION: PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.
- \$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 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.

call 800-844-8260 for details. Advance registration required. Fed ID # 26-3896894 @ 2018 PESI, Inc.

Mindful Anger: The Art of Transforming a Difficult Emotion into a Powerful Therapeutic Tool Seminar on DVD\* (video) \$199.99 (RNV048130) Seminar on CD\* (audio) \$169.99 (RNA048130) Mindful Aging book\* \$16.99 (PUB085125) Mindful Anger book\* \$22.95 (SAM083565) Product \*Shipping is \$6.95 first item + total \$ \$2.00 each add'l item Shipping Subtotal and local taxes except in AK, DE,

\*\*Tax

TOTAL