

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 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.



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# Mindful Anger

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

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

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