

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

Appleton, WI
Monday, July 16, 2018

Live Video Webcast
Tuesday, July 17, 2018

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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

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