# 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

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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

# 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.

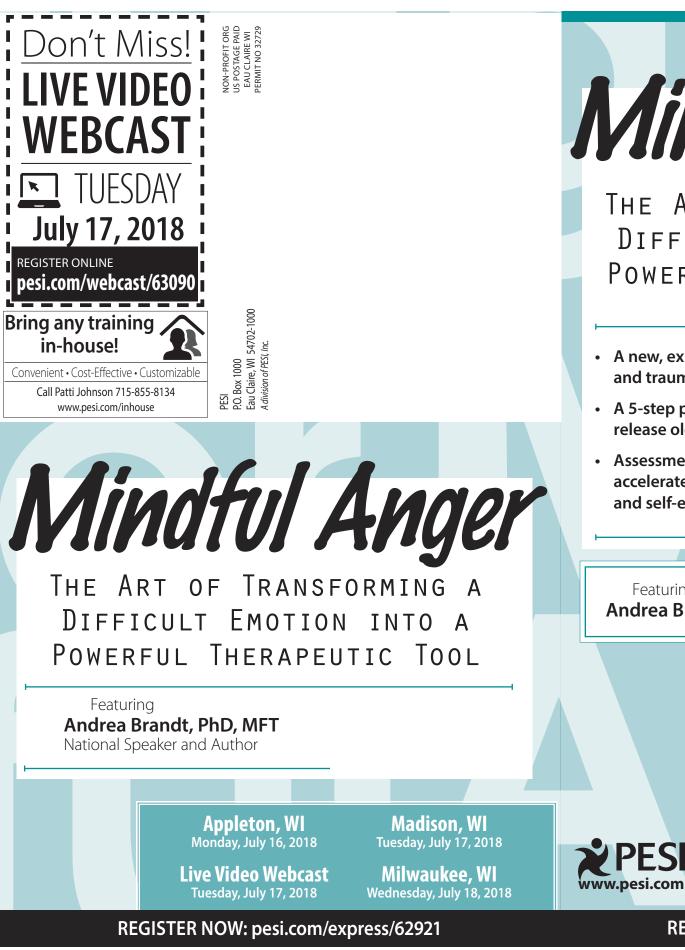
Empathy

- 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.
- GUARANTEE
- 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

 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

> Appleton, WI Monday, July 16, 2018

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oth of my parents repressed their anger. They were like two simmering Divolcanoes 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,



THE ART OF TRANSFORMING A DIFFICULT 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 mindfulangerworkshop.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)

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

## By Andrea Brandt, PhD, MFT

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

ANDREA BRAND

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?**

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#### WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending

For locations and maps, go to www.pesi.com, find

Live Seminar & Webcast Schedule

7:30 Check-in/Morning Coffee & Tea

11:50-1:00 Lunch (on your own)

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8:00 Program begins

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Andrea Brandt.mo.m

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- per person for 2 or more preregistering together —OR single registration postmarked 3 weeks prior to seminar date
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- **\$22.95\*** *Mindful Anger* book

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