

Outline

The Neuroscience of the Angry Brain

Anger systems in the brain
 The fight-flight-freeze response of anger
 Connections between the frontal and temporoparietal region
 How breathing affects the survival brain
 Why fighting/hiding anger doesn't work

Anger and Co-Occurring Disorders: Trauma, Addiction, Depression and More

The relationship between anger and addiction
 Intermittent Explosive Disorder
 ODD
 Bipolar Disorder
 When anxiety presents as anger
 The role of anger in depression
 Anger after trauma

Shame, Fear, Guilt and the Underlying Causes of Anger

Avoidance, shame, fear and guilt
 The connection between anger and grief
 The cycle of anger
 How anger styles inform your clinical approach
 Masked anger Explosive anger
 Chronic anger Passive aggressive

The Intersection of Anger and Abuse

Assessment of violence potential
 Is domestic abuse an anger management problem?
 Controlling others

Case Conceptualization and Treatment Planning

Create a safe therapeutic environment
 Build emotional vocabulary
 Establish short-term and long-term goals
 Strategies for working with groups

Teach Clients to Identify Anger Triggers

How to use anger logs with clients
 Monitoring physiological sensations of anger
 Identify words and actions that escalate
 Practical goals and commitment to change
 Assessing for client strengths

Mindfulness and Relaxation Techniques To Derail Anger in the Moment

Reset anger with breath work
 Progressive muscle relaxation techniques to maintain control
 Mindful anger techniques and choice awareness
 Guided imagery to put clients in charge of anger
 The Lifesaver Technique

Cognitive Approaches to Challenge the Dysfunctional Thoughts Behind Anger

CBT exercises to reduce negative self-talk
 Cognitive restructuring and defusion from judgmental thoughts
 Problem-solving and hypothetical situation training
 Creative thought stopping tools for emotional regulation
 Distraction and disengagement strategies

Therapeutic Strategies to Release Old Anger and Lingering Resentments

Anger and identity
 The cost of avoidance
 Why forgiveness (and self-forgiveness) is never easy
 Prerequisites to letting go of the past
 Conduct a cost-benefit analysis intervention
 Forgiveness interventions to "turn off" resentment

Teach Clients to Constructively Communicate Anger

Assertiveness training techniques
 Communicate anger effectively with "I" statements
 The active role of acceptance
 Mindfully respond to anger in interpersonal relationships
 Defuse anger with humor and other conflict resolution strategies

Anger Management Strategies for Kids and Adolescents

How anger escalates in kids
 Normalizing anger as a healthy emotion
 Communication skills to alleviate frustration
 Coping skills for stress and anxiety
 Feelings thermometer – connect feelings to coping skills

Anger Management for Relationships

When mundane resentments spiral out of control
 Interventions to overcome the blame habit
 Teach clients active listening skills
 Strategies to build emotional intelligence in couples

Risks and Limitations of Anger Management Therapy

Live Seminar Schedule (each day)

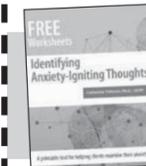
7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
 Actual lunch and break start times are at the discretion of the speaker.
 A more detailed schedule is available upon request.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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The DBT Deck for Clients and Therapists

101 Mindful Practices to Manage Distress, Regulate Emotions & Build Better Relationships

Lane Pederson, Psy.D, LP

Filled with tips, ideas, calls to action, and brief exercises, these cards will be a daily go-to as you learn skills needed to enjoy the ups - and navigate the downs - of real-world life. And best yet, because skills take repeated practice, you cannot outgrow this deck, you can only grow with it! Filled with coping strategies, tools to accept change, self-soothing practices, ways to increase self-respect, and conflict resolution tips.

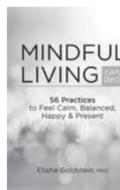


Somatic Psychotherapy Toolbox

125 Worksheets and Exercises to Treat Trauma & Stress

By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.



Mindful Living Card Deck:

56 Practices to Feel Calm, Balanced, Happy & Present

By Elisha Goldstein, Ph.D.

At home and at work, science has shown that developing certain simple strengths can significantly improve your mood, relationships, resiliency and quality of life. Why not give it a try? Here are 56 cards that offer simple and easy-to-do daily practices. Integrate them into your life and you can have powerful results and uncover sustainable happiness. Plus-six bonus mindful living meditations to help you relax, focus, grow joy and boost your brain power!

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CERTIFIED ANGER MANAGEMENT TREATMENT PROFESSIONAL

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- Successfully treat anger in clients of all ages – from children to adults
- Make sessions with angry clients more effective and less stressful!
- Improve your skills while setting yourself apart with certification

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 Details Inside

CERTIFIED ANGER MANAGEMENT TREATMENT PROFESSIONAL

2-Day Certification Course

Working with angry clients can make sessions uncomfortable, stressful and anxiety inducing.

But all clinicians will encounter anger, whether it's the focus of your practice, or something that arises as you help clients with trauma, anxiety, depression, shame, addiction and other issues.

This 2-Day Certification Course will give you the skills and clinical tools you need to confidently and effectively work with angry clients and fundamentally change their destructive relationship with anger.

Attend and get proven strategies that derail anger in the moment, challenge dysfunctional thoughts, and help clients let go of anger rooted in the past. You'll also get detailed guidance on how to teach your clients the skills they need to constructively communicate anger without the outbursts that damage their most important relationships, jeopardize their careers, and put their health at risk.

Better still, you'll leave this 2-Day Certification Course having met the full educational requirements to become a Certified Anger Management Treatment Professional (AMTP), setting yourself apart from others in your field, and letting those you work with know that you've invested the time and effort necessary to provide treatment at the highest level!

Sign up today, become a Certified Anger Management Treatment Professional, and get the skills and confidence you need to successfully help your clients overcome the anger damaging their lives!



BECOME CERTIFIED!

2 Easy Steps to Certification

1. Complete the Certified Anger Management Treatment Professional 2-Day Certification Course (This seminar!)
2. Apply for AMTP Certification with the International Association for Trauma Professionals at www.traumapro.net.



★ **Satisfaction 100% Guaranteed** ★

Speaker

Dr. Jeff Peterson, PhD, LCPC, LPC, NCC, PCC is a nationally certified counselor and licensed professional counselor who is a faculty member in the clinical counseling program at Northwestern University in Chicago. He also maintains a private practice where he focuses on anger issues, managing stress, couples therapy, anxiety and depression, dealing with shame and addiction, and sexual or gender identity issues.

Dr. Peterson serves on the editorial review board for the American Counseling Association and has lectured to mental health professionals throughout the country on how to avoid Microaggressions in a clinical setting, ethical concerns in therapy, and the psychological effects of shame.

He is the co-founder and organizer of the Healthcare Guild (healthcareguild.com), a national non-profit organization dedicated to helping sexual and gender minorities find affirming and culturally competent health care. Dr. Peterson is a graduate of the University of Iowa and Walden University, with a Ph.D. in clinical mental health counseling education and supervision.

Speaker Disclosure:

Financial: Dr. Jeff Peterson maintains a private practice. He is a faculty member at Northwestern University. Dr. Peterson receives a speaking honorarium from PESI, Inc.

Non-financial: Dr. Jeff Peterson is a member of the National Board of Certified Counselors, American Psychological Association, and American Counseling Association.

Objectives

1. Explore the neurobiology of anger and identify the brain regions involved in processing anger.
2. Delineate the phases of the anger cycle and communicate how this informs clinical practice.
3. Evaluate current trends in managing anger in substance abuse treatment.
4. Establish the connection between anger, violence and abuse.
5. Characterize how clients' can be taught to identify triggers so they can choose an appropriate response strategy.
6. Engage reluctant and treatment-resistant clients with in-session mindfulness-based strategies.
7. Manage responses to dysfunctional thoughts and judgmental beliefs with skills that effectively intervene in these processes.
8. Reduce the body's anger response with mindfulness training and diaphragmatic breathing techniques that diminish the body's fight-or-flight response.
9. Teach clients how to communicate anger constructively with assertiveness techniques.
10. Increase clients' emotional vocabulary to help them handle conflict without aggression.
11. Conduct a cost-benefit analysis intervention to demonstrate the impact of "old anger" on clients' lives.
12. Employ clinical strategies that help avoid automatic defensiveness in clients and allow you to work safely with aggressive personalities.

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

Live Seminar Continuing Education Credit Information for the Entire Conference

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure 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 cepsi@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 profession's standards.

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

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.

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MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 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.

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BECOME CERTIFIED!
This seminar meets ALL the education hours when applying for certification as a Anger Management Treatment Training and Certification (AMTP).
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Intended Audience

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

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PSYCHOLOGISTS: This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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

WALK-INS
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.

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• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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