

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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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!
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Become AMTP Certified!
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

- Complete the Certified Anger Management Treatment Professional 2-Day Certification Course (This seminar!)
- 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

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

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This seminar meets ALL the education hours when applying for certification as a Anger Management Treatment Training and Certification (AMTP).
Visit traumapro.net for the full certification requirements.

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

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 \$60 cancel fee. Substitutions are permitted at any time.

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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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