

Outline

The Brain-Body View of Anger:
Enhance Anger Management with a Neuroscience Perspective

Evolutionary psychology of anger
Anger systems in the brain and threat perception
Neurophysiology of anger v. fear
Limbic, PFC & TPJ
Fight-Flight-Freeze
Breathing and the survival brain

The Mind View of Anger:
How Perfectionism and All-or-Nothing Thinking Keep Clients Stuck in Anger

Dualistic & all-or-nothing thinking
Attention tunneling/hyperfocus
Perfectionism and righteous anger
Righteousness as confusion/ambivalence reduction

Anger, Substance Abuse and Violence
Relationship between anger and addiction
Assessment of violence potential
Is domestic abuse an anger management problem?
Anger & self-harm

Anger Management as Fear Management:
Teaching Clients to Distinguish Real Threats from Paper Tigers

Real fears
Symbolic fears
Courage of acceptance
Escape of action (“To act out is to run”)
An informal typology of anger - how anger style informs treatment approach

Motivate the Unwilling:
4 Steps to Greater Engagement with Angry and Avoidant Clients

Mood/affect stabilization
Relational stabilization
Impulse control
Damage control

Objectives

1. Analyze the neurobiology of anger and the brain regions involved in processing anger.
2. Investigate behavioral and bodily effects of anger and its influence on cognition.
3. Evaluate the clinical implications of the association between anger and substance abuse.
4. Analyze how mindfulness techniques can be used to help clinicians engage reluctant and treatment-resistant clients.
5. Employ mindfulness training and diaphragmatic breathing techniques that diminish the body’s fight-or-flight response.
6. Practice mindfulness skills that effectively intervene in dysfunctional thoughts and judgmental beliefs.
7. Investigate the relationship between anger types and problem behaviors in clients.
8. Investigate how clinicians can frame anger problems in a humanistic and compassionate manner that leverages client rapport and client insight.
9. Employ strategies to help clients leverage acceptance of others to diminish angry externalizations and displacement of frustration.
10. Employ mindfulness strategies to decrease levels of impulsivity and aggressiveness in angry clients.
11. Investigate the use of Yalom-style process-focused groups to reinforce skill acquisition and responsiveness in the treatment of anger and aggression.
12. Investigate how clinicians can navigate politically and ideologically provocative client self-disclosures in therapy.

Short-Term Anger Management Solutions:
A 4-Session Approach to Improve Impulse Control and Self-Regulation

Session 1: Mindfulness-Based Impulse Control Training
Session 2: Choice Awareness Training & Pattern Interruption
Session 3: Symbolic Threat Inoculation
Session 4: Bottom-Up Self-Regulation
Facilitating homework compliance
Real life anger management practice

Long-Term Anger Management:
Strategies and Techniques for Lasting Behavioral Change

Attributional retraining – help clients to not take things personally
Effort acceptance – exercises to stop feeling shortchanged
Learning from fear & rascal sages
Relativity training to overcome righteous anger
Neurobehavioral empathy training & mirroring to promote relational stability
Neuroendocrine time-out & social fasting
Assertiveness training – teach clients to set healthy boundaries
Techniques to communicate anger without aggression
Group work - strategies to reinforce skill acquisition
Eastern know-how of equanimity – from anger to compassion
Manage politically and ideologically provocative client self-disclosures in therapy

Research, Treatment Risks and Limitations

Live Webinar Schedule - both days
(Times listed in Central)

8:00 Program begins


11:50-1:00 Lunch Break

4:00 Program ends

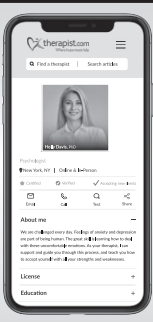
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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See inside for more information.



- Rapid fire techniques for managing anger in the moment
- Improve impulse control and self-regulation with a 4-session approach
- Give clients the tools they need to communicate anger in healthier ways

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Unhealthy anger can be one of the most frustrating and frightening emotions therapists work with.

Many clients aren't ready to make a change. Forced into therapy by their partner, employer, or court system they don't give you anything to work with, making sessions feel flat and pointless.

Other angry clients are aggressive in session. They yell, posture and question your competence. It can catch you off-guard leaving you uneasy, uncomfortable and trying to manage your own visceral reaction to their rage.

It's exhausting and you wish there was a better way.

Pavel Somov, PhD is a licensed psychologist with over 20 years of clinical experience and the author of *Anger Management Jumpstart: A 4-Session Mindfulness Path to Compassion and Change* (PESI Publishing, 2013).

In this 2-day certification training, Dr. Somov will change your approach to anger management with the mindfulness-based tools and clinical interventions you need to help your clients accept their anger, more fully engage in treatment, and reduce their destructive responses to it!

Full of practical applications, experiential exercises and detailed instruction, Dr. Somov will show you how you can:

- Employ rapid fire techniques for managing anger in the moment
- Build greater engagement and make angry and avoidant clients feel heard
- Improve impulse control and self-regulation with a 4-session approach
- Use group work strategies to reinforce skill acquisition
- Give clients the tools they need to communicate anger without aggression
- Tactfully introduce clinical homework to people who don't want to be told what to do
- And much more!

Best of all, you can add a valuable certification to your resume and become a **Certified Specialist in Anger Management (CSAM) through Evergreen Certifications upon completion of this training at no additional cost to you!**

Don't miss your chance to fundamentally change your approach to working with anger and add to your clinical toolbox!

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Attendees will receive documentation of CSAM designation from Evergreen Certifications 4 to 6 weeks following the program.

**Professional standards apply. Visit www.evergreencertifications.com/csam for professional requirements.*

Meet Your Speaker

Pavel Somov, PhD, is a licensed psychologist in private practice with over 20 years of clinical experience working with anger management, shame, guilt, self-criticism, eating issues, and perfectionism. He has worked in a variety of clinical settings including running a drug and alcohol treatment program in a county jail.

Dr. Somov is on the advisory board for The Mindfulness Project (London, UK) and has conducted a variety of trainings for mental health professionals both domestically and internationally on applying mindfulness-based interventions to a variety of psychological issues.

His work has been discussed in a number of radio interviews and in print publications including Martha Stewart's *Body + Soul Magazine* and Oprah Winfrey's *O Magazine*. Dr. Somov is the author of *Anger Management Jumpstart: A 4-Session Mindfulness Path to Compassion and Change* (PESI Publishing, 2013) as well as a number of self-help books on perfectionism, overeating, and addiction.

Speaker Disclosure:

Financial: Pavel Somov maintains a private practice and has an employment relationship with Vista Behavioral health Associates. He receives royalties as a published author. Pavel Somov receives a speaking honorarium, recording, and book royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Pavel Somov is a member of the Pennsylvania Psychological Association and the Greater Pittsburgh Psychological Association. He serves on the advisory board for the Mindfulness Project.

To view the full bio, visit www.pesi.com/webcast/89624

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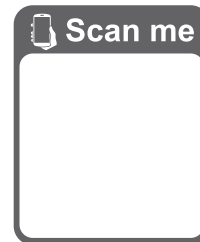
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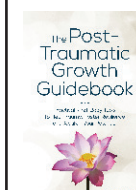
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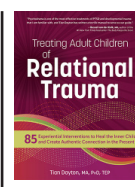
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