

# Anger Management Institute

## THE 2-DAY

### WORKSHOPS PROVIDE:

- 12—NBCC CE HOURS, ACEP #6577. NBCC CE HOURS ACCEPTED BY NAADAC & TEXAS STATE BOARD FOR SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS
- NAMA: CAMS-S, I OR II

### LOCATION:

**Dallas Baptist University**  
2805 North Dallas Parkway,  
Suite 450  
Plano TX 75093  
(214) 333-5777  
**Airport:** Dallas/Fort Worth

### Hotels:

Holiday Inn Express:  
3101 North Dallas Parkway  
Plano TX  
866-460-7456

For information call  
JoAnn Darling (765) 404-5232  
or joannardling4@gmail.com

**Workshops are approved  
and endorsed by the  
National Anger Management  
Association (NAMA)**

### To receive NAMA Certification:

Upon completion of this workshop attendees will submit a NAMA membership application with fee directly to NAMA.

### Main Office:

**Anger Management Institute**  
1200 Harger Road Suite 602  
Oak Brook IL 60523  
[www.whatsgoodaboutanger.com](http://www.whatsgoodaboutanger.com)

## ANGER MANAGEMENT INSTITUTE

### TRAINER - SPECIALIST CERTIFICATION WORKSHOPS

**OCTOBER 4-5, 2017 PLANO, TEXAS**

THE CURRICULUM IS RESEARCH-BASED AND SYNTHESIZES MATERIAL FROM THE “WHAT’S GOOD ABOUT ANGER?” BOOK AND TRAINER’S MANUAL. WORKSHOP PARTICIPANTS QUALIFY FOR THE NATIONAL ANGER MANAGEMENT ASSOCIATION (NAMA) “CERTIFIED ANGER MANAGEMENT SPECIALIST-S, I OR II” CREDENTIAL. \*NAMA membership fee additional.

Most people believe that anger is a negative emotion from which no good can come. This Trainer-Specialist certification program based on the 2016 Edition of “What’s Good About Anger?” and Trainer’s manual provides a fresh perspective on anger and how anger—which is part of the human experience—can be **put to work for good**. The Anger Management Institute teaches empirically supported interventions and skills. Completed outcome studies show that the “What’s Good About Anger?” program is evidence-based.

### Who Should Attend?

Counselors, mental health workers, social workers, addictions counselors, educators, law enforcement officers, students, pastors, health professionals and leaders are seeking certification to provide anger management services. Participants completing this course qualify for the credentials to offer anger management education, classes, and groups for people needing to control anger and can provide certificates for court-ordered individuals.

### What will you learn?

- ...Overview of anger and anger management
- ...DSM disorders associated with anger, contraindications for treatment
- ...Assessment process and treatment planning
- ...How to defuse anger and hostility
- ...The critical role of emotional intelligence
- ...Empirically-based strategies for managing anger and motivating clients
- ...When anger is helpful or harmful. \*Read full schedule on back

**Presenters:** Seigel Bartley, PhD, LPC-S, CAMS-V; Joe Cook, PhD, LPC-S, CAMS-IV. Dr. Bartley and Dr. Cook are approved by NAMA as Supervisors, Consultants, and Diplomates and Certified Anger Management Specialists.

**INCLUDES:** TRAINING BINDER, BOOK, ASSESSMENT TOOLS, LEADER’S GUIDE, WORKSHOP CERTIFICATE OF COMPLETION AND LUNCH BOTH DAYS. MEETS REQUIREMENTS FOR CERTIFICATION AS A NAMA CERTIFIED ANGER MANAGEMENT SPECIALIST-S (STUDENT), I OR II AND 12 NBCC CE CLOCK HOURS.

**Cancellation Policy:** Refunds can be made only if requested in writing to: Lynette Hoy, NCC, LCPC, CounselCare Connection P.C., 1200 Harger Rd., Suite 602, Oak Brook, IL 60523 and postmarked no later than 7 business days prior to workshop. Refunds are subject to a \$25.00 service charge. One person may substitute for another on the condition that a letter from the original registrant authorizing the substitution accompanies the new registrant. In the event that CCC finds it necessary to cancel this event for any reason beyond our control, notice will be given to all registrants as soon as possible and a complete refund of registration fees paid will be given to all registrants affected. CCC reserves the right to substitute a qualified presenter should an emergency or sickness impact the scheduled presenter.

## Anger Management Institute Trainer-Specialist Certification Workshops

Anger Management Institute approved by the National Anger Management Association

LOCATION: DALLAS BAPTIST UNIVERSITY, 2805 NORTH DALLAS PARKWAY, SUITE 450, PLANO, TX

Presenters: Seigel Bartley, PhD, LPC-S, CAMS-V, and Joe Cook, PhD, LPC-S, CAMS-IV

**October 4, 2017 8:30a — 4:30p (lunch provided both days)**

**Overview of *What's Good About Anger*:** The problem of anger, manifestations and triggers, when anger is harmful or helpful

**Current Brain Research and Anger Management Physiology**

**Empirically Supported Psycho-educational Treatments for Anger Control Problems:**

Assertiveness, time-out, problem-solving, conflict management, forgiveness interventions

Strategies for increasing motivation of (court-ordered) resistant clients/students

**Empirically Supported Cognitive Treatments for Anger Control Problems:** Cognitive Restructuring Interventions

**Empirically Supported Calming and Coping Treatments for Anger Control Problems:**

Stress Management and Relaxation interventions

**October 5, 2017 8:30a — 4:30p**

**Overview of Emotional Intelligence and Developing Empathy for Managing Anger**

**Anger Management Group and Individual Assessment Inventories**

Anger survey, evaluation, pre/post test and progress tools. Ethical guidelines for anger management providers

**Assessment and Referral for Major Mental Health Disorders (DSM)** associated with anger problems

Contraindications for anger management treatment

**Managing Behavior and Defusing Hostility:** Dealing with difficult behavior and hostility in treatment

of individuals and groups. Application to real-life scenarios

**Overview of Motivational and Problem-solving Approaches and Principles:** Video of Problem-Solving Approach

**Application of Evidence-Based Treatment Planning** for Anger Control Problems with Clients/Groups

### TO REGISTER COMPLETE THIS FORM

DBU STUDENT \_\_\_\_\_ \$200 OR \$225 AFTER 6 PM 9/12/17 \*INCLUDE COPY OF DBU ID

DBU ALUMNI: \_\_\_\_\_ \$250 OR \$300 AFTER 6 PM 9/12/17 \*ALUMNI INCLUDE COPY OF DBU DIPLOMA

FEE FOR ALL OTHERS(LEADERS /PROFESSIONALS): \_\_\_\_\_ \$350 OR \$400 AFTER 6 PM 9/12/17

\*NAMA MEMBERSHIP FEE NOT INCLUDED

REGISTER ONLINE: [WWW.WHATSGOODABOUTANGER.COM](http://WWW.WHATSGOODABOUTANGER.COM)

**CHECK IF NEED NBCC CE CERTIFICATE:** \_\_\_\_\_ 12- NBCC CE HOURS AWARDED. ACEP PROVIDER #6577

**NOTE:** NBCC CE HOURS ACCEPTED BY NAADAC FOR ADDICTIONS COUNSELORS AND BY THE TEXAS STATE BOARD FOR SOCIAL WORKERS, MARRIAGE AND FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS.

"THE ANGER MANAGEMENT INSTITUTE HAS BEEN APPROVED BY NBCC AS AN APPROVED CONTINUING EDUCATION PROVIDER. ACEP No. 6577. PROGRAMS THAT DO NOT QUALIFY FOR NBCC CREDIT ARE CLEARLY IDENTIFIED. ANGER MANAGEMENT INSTITUTE IS SOLELY RESPONSIBLE FOR ALL ASPECTS OF THE PROGRAMS."

CHECKS PAYABLE TO "ANGER MANAGEMENT INSTITUTE" AND ACCEPTED UNTIL 9/12/17 ONLY

NAME OF PARTICIPANT \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE ( ) \_\_\_\_\_ EMAIL \_\_\_\_\_

**FILL IN BILLING INFORMATION IF PAYING BY VISA OR MASTERCARD. PAYMENT MUST BE RECEIVED BY SEPT. 28, 2017:**

Name (full): \_\_\_\_\_ (print clearly)

Address (billing): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Credit card #: \_\_\_\_\_ Expiration date : \_\_\_\_\_ CSV code: \_\_\_\_\_

**Amount Total:** \_\_\_\_\_ **Fax to 630-530-2066**

**If mailing:** Lynette Hoy • 1200 Harger Road, Suite 602 • Oak Brook, IL 60523 **Questions?** JoAnn Darling: 765-404-5232