

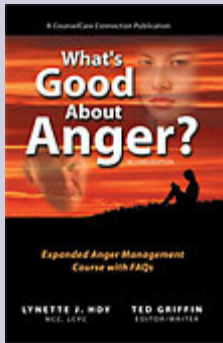
# ANGER MANAGEMENT INSTITUTE

## TUESDAY EVENING ANGER MANAGEMENT SERIES OAK BROOK, IL

People often believe that anger is a negative emotion from which no good can come. Many religious people think that anger should not be expressed and that such feelings are sinful. This series based on the new expanded edition of "What's Good About Anger?," explores the emotion of anger and how anger – which is part of the human experience – is a force that can be used for good.

Learn about:

- Anger's many faces.
- When anger is helpful or harmful.
- The sources of anger.
- Healthy examples of anger.
- Effective strategies for handling anger.
- How to turn anger into assertiveness, problem-solving and forgiveness.
- Defusing anger through stress management.
- Helpful ways to express anger through empathy and conflict skills.



*You, your spouse, friends and clients will gain a new perspective on anger, how to better manage this often explosive emotion. Most students attend in order to develop practical skills for effective anger management and for personal and*

relational growth. Certificates awarded to those with full attendance.

In the book—co-authors Lynette Hoy, NCC, LCPC and Ted Griffin, editor/writer share their family experiences with anger, provide statistics and triggers for anger, address how chronic anger can be costly - physically, emotionally and relationally as well as offer practical skills for managing anger.

These classes will help educate individuals to reduce levels of anger, direct anger into assertiveness, appropriating conflict and stress management skills, problem-solving capabilities, and forgiveness.

**Facilitator/Instructor:** Lynette Hoy, NCC, LCPC, & Steve Yeschek, LCSW, Certified Anger Management Specialists.

**Participants will learn** effective coping behaviors to stop escalation such as: avoiding triggers, taking time-outs, empathy and communication skills, changing behavior and self-talk. This series will motivate participants to work through anger in healthy ways, overcoming barriers to forgiveness.

Those participating in one, two or three Tuesday classes will receive a certificate of completion for the number of hours in attendance which may be used for court, school or employer-orders, custody disputes, mediation or other needs.

Letters of enrollment will be provided for all participants.

These classes cover the second edition book. Participants may rotate in at any time.

No refunds 7 business days prior to class.

### Anger management classes begin on Tuesdays: May 5, 12 & 19, 2009. 6:30-9:30 p.m.

**Payment options:** Initial assessment / material fee: \$60.00. \$100.00 pre-paid for each 3 hour class.

First payment includes assessment & materials plus one class session: \$160.00. Each Tuesday session following: \$100.00.

Cash, check (payable to Lynette Hoy & mail to address below—Attn: Lynette Hoy) or credit card: MC or Visa only.

**Pre-pay for all 3 sessions & receive discount:** only \$300.00. \$60.00 assessment/materials fee waived.

**Location:** Anger Management Institute, 2000 Spring Rd., Ste. 603, Oak Brook, IL. 60523. 630.368.1880, ext. 1

**Complete this form** and credit card information below: Mail or fax with payment to 630-530-2066

Name: \_\_\_\_\_ Address: \_\_\_\_\_ (credit card billing address)

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Amount to be billed: \_\_\_\_\_ Email add: \_\_\_\_\_

Visa or MC #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_