

# ANGER MANAGEMENT INSTITUTE: TRAINER & SPECIALIST CERTIFICATION

**DATES : AUGUST 5 & 6, 2010**

**8:30 A.M-4:30 P.M.**

**WWW.WHATSGOODABOUTANGER.COM**

**COUNSEL CARE CONNECTION, P.C. -**

**ANGER MANAGEMENT INSTITUTE**

Most people believe that anger is a negative emotion from which no good can come. Many people think that anger should not be expressed and that such feelings are sinful. This Trainer's certification course based on the new 2010 Third Edition of "What's Good About Anger?", the BARK manual and the revised Trainer's manual will give participants a fresh perspective on anger and how anger—which is part of the human experience—can be *put to work for good*.

Learn how to teach and train struggling clients, groups and students to cope with anger in healthy ways through assertiveness, problem-solving, restructured thinking, conflict resolution, empathy skills, forgiveness, stress management and more!

## **What you will learn:**

...The nature, sources, triggers, process of anger.

...When anger is helpful or harmful.

...Underlying cognitive distortions of harmful anger.

...The essential role of stress management for anger reduction.

...DSM IV - mental health disorders associated with anger problems; contraindication for treatment.

...Skills/tools for: assessing & screening participants, evaluation of progress.

...How to defuse hostility and manage behavior;

...Effective, research-based anger prevention and control strategies!

...The role of emotional intelligence and empathy skills. Will provide teaching tools.

...Cutting-edge research in anger management.

...How to develop private practice, support groups and new growth opportunities.

...Ethical guidelines for anger management training and support groups.

...Anger Management Coaching: overview, goals and coaching tools.

Many counselors, social and mental health workers, probation officers, educators, chaplains, pastors and professionals are electing to become certified to train clients, groups and students in anger management skills. Those completing this course may offer anger management classes, groups and coaching- awarding certificates to individuals required to complete anger management programs! Approved for a total of 12 CEs by the National Board of Certified Counselors; National Association of Social Workers and by NAADAC. Attendees obtain "Certified Anger Management Trainer" credential and are eligible for \*National Anger Management Association: Anger Management Specialist-1 certification & membership! NAMA membership fee is extra.

Participants will be equipped to educate individuals and groups on: reducing levels of anger, learning effective coping behaviors to interrupt and prevent escalation and for working through anger and conflict. Participants will learn assessment skills and screening evaluation tools and managing anger and hostility.

**Presenters:** James Bedell, PsyD., Lynette Hoy, NCC, LCPC, & Steve Yeschek, LCSW, are NAMA Supervisors, Consultants, Diplomates & Certified as Anger Management Specialist-IV.

**LOCATION:** LINDNER CONFERENCE CENTER, Lombard, IL



ATTEND 8/5-6/10 WORKSHOPS FOR CERTIFICATION AS AN ANGER MANAGEMENT TRAINER & SPECIALIST. INCLUDES: TRAINING, BOOK, WORKBOOK, DVD, TRAINERS MANUAL, ASSESSMENT TOOLS, 12-SESSION LEADER'S GUIDE, SEMINAR ON POWER POINT, CERTIFICATION, 12 CES, REFRESHMENTS. APPROVED BY NBCC, NASW & NAADAC FOR TOTAL OF 12 CES. SPACE IS LIMITED. LUNCH ON YOUR OWN. \*THIS IS AN APPROVED PROGRAM BY NATIONAL ANGER MANAGEMENT ASSOCIATION. SEE: WWW.NAMASS.ORG  
**Cost:** \$395.00 until 7/31/10. Students: \$250.00 prior to 7/20/10. No checks after 7/20/10 Call Lynette at: 708.341.5438.

**REGISTRATION:** COMPLETE FORM TO REGISTER BY CHECK OR CREDIT CARD: VISA OR MASTERCARD ACCEPTED.

Name (full): \_\_\_\_\_ Address (billing): \_\_\_\_\_

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

Email: \_\_\_\_\_ Amount: \_\_\_\_\_

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

Lynette Hoy, 2000 Spring Road, Suite 603 • Oak Brook, IL 60523. Fax to: 630-530-2066.

## Anger Management Institute Trainer's Workshops

Sponsored by: CounselCare Connection, P.C.—Anger Management Institute  
2000 Spring Road, Suite 603—Oak Brook, IL 60523

LOCATION: LINDNER CONFERENCE CENTER AT NORTHERN SEMINARY, 610 E. BUTTERFIELD RD., Lombard, IL 60148

### August 5, 2010: 8:30 a.m.—4:30 p.m.

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

**Stress Management** and Relaxation Techniques for Defusing Anger.

**Cognitive Distortions** and Restructured Thinking Skills.

*Lunch (on your own)*

**Teaching Effective Anger Control Strategies** and Motivating Clients/students to Apply Skills: Communication, time-out and problem-solving skills, conflict management, developing a forgiveness process.

**Managing Behavior & Defusing Hostility-** dealing with difficult behavior/hostility styles in treatment of individuals and groups.

**Overview of Emotional Intelligence** - Developing Empathy for Managing Anger.

### August 6, 2010: 8:30 a.m.—4:30 p.m.

**Overview of *What's Good About Anger*** - Trainer's manual and Guide: Anger management group and individual assessment inventories, anger survey, evaluation and progress tools. Ethical guidelines for trainers.

**Assessment and Referral for Major Mental Health Disorders** (DSM IV) associated with anger problems. Contraindications: determining when participants/clients not appropriate for anger management treatment.

*Lunch (on your own)*

**Research in Anger Management.** Planning and Marketing Anger Management Programs and Practice.

**Overview of Anger Management Coaching** Theory and Principles.  
Introduction to Coaching Skills and Practical Application.

**Coming from out-of-state?** Call Lynette Hoy regarding questions: 708-341-5438.

**Nearest airport:** Chicago O'Hare.

Make reservations at the following hotels. Many provide a discount (mention Lindner Conf. Center), shuttles to the center and breakfast. Close to Oak Brook & Yorktown shopping centers & restaurants!

Hyatt Place- Lombard, IL 60148.

630-932-6501 or 1-800-833-1516

Holiday Inn - Oakbrook Terrace, IL 60181.

630-833-3600 or 1-800-325-3535

Comfort Inn- Downers Grove, IL 60515.

630-515-1500 or 1-800-221-2222

LaQuinta Inn Chicago - Oakbrook Terrace, IL 60142.

630-495-4600 or 1-800-531-5900.

**Cancellation Policy:** Refunds can be made only if requested in writing to: Lynette Hoy, NCC, LCPC, CounselCare Connection P.C., 2000 Spring Rd., Suite 603, Oak Brook, IL 60523 and post-marked 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 course 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.