

ANGER MANAGEMENT- TRAINER & SPECIALIST CERTIFICATION

DATES : MARCH 1-2, 2012
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-Specialist certification program based on the new Edition of "What's Good About Anger?", the BARK manual and the 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*. 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, spiritual insights, 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.
- ...Empirically supported calming & coping techniques for anger control: stress management & relaxation.
- ...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;
- ...Evidence-based treatment planning & interventions for anger control problems.
- ...Spiritual insights for anger management & learning to forgive.
- ...Role of emotional intelligence & empathy skills; inventory.



...Empirically supported psycho-educational & cognitive treatment for anger control problems.

...How to develop private practice, groups and new growth opportunities (optional session).

...Ethical guidelines for anger management treatment/education.

...Anger Management Coaching & Problem-solving techniques: overview, goals and tools.

Counselors, social and mental health workers, probation officers, educators, chaplains, pastors, leaders and professionals are becoming certified to provide anger management services. Those completing this course may offer anger management classes, groups and coaching- awarding certificates to court or employer ordered individuals required to complete programs!

Approved for a total of 12 CEs/CEUs by the National Board of Certified Counselors; National Association of Social Workers; NAADAC; 12 CPEs by the Ohio Board. Approved for 13 CEUs by IAODAPCA: 10709 (Counselor II, Prevention II, Assessor II, MISA I or II, CCJP II, PCGC II, CAAP II, CRSS I or II, BRI II, MAATP II, CFPP II)

Attendees obtain "Certified Anger Management Trainer" credential and are eligible for the *National Anger Management Assoc. Anger Management Specialist-1 certification upon membership with NAMA!

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.

Dr. Jim Bedell states that outcome studies on the Anger Management Institute groups show the What's Good About Anger program is 'evidence-based'.

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

LOCATION: WHEATON BIBLE CHURCH, West Chicago, IL 60185

ATTEND MARCH 1-2, 2012 WORKSHOPS FOR CERTIFICATION AS AN *ANGER MANAGEMENT TRAINER & SPECIALIST*. INCLUDES: TRAINING BINDER, BOOK, ASSESSMENT TOOLS, 12-SESSION LEADER'S GUIDE, CERTIFICATION, CEs/CEUs, REFRESHMENTS. APPROVED BY NBCC, NASW & NAADAC FOR TOTAL OF 12 CEs & IAODAPCA FOR 13 CEUs. LUNCH PROVIDED.

COST: \$350.00 before Feb. 12, 2012. **Students & IAODAPCA members:** \$250.00 until 2/12/12. \$300.00 for students or IAODAPCA after 2/12/12. \$395.00 for all others after 2/12/12. No checks after 2/12/12. Registration closes: Feb. 25, 2012.

*THIS IS AN APPROVED PROGRAM BY NATIONAL ANGER MANAGEMENT ASSOCIATION FOR ANGER MANAGEMENT SPECIALIST-I CREDENTIAL. ONCE PARTICIPANTS COMPLETE WORKSHOPS THEY MAY APPLY TO NAMA AND MAIL IN THE MEMBERSHIP FEE OF \$100.00.

REGISTRATION: COMPLETE FORM TO REGISTER BY CHECK (PAYABLE TO COUNSEL CARE CONNECTION, P.C.) OR PAY BY CREDIT CARD: VISA OR MASTERCARD ONLY. **ADD:** 16 LESSON EXPANDED BOOK/WORKBOOK & LEADER'S GUIDE (2011) FOR JUST: \$45.00

Name (full): _____ Address (billing): _____

City: _____ State: _____ Zip: _____ Phone: (____) _____

Email: _____ Amount: _____

Credit card #: _____ Expiration date: _____

Mail to: Lynette Hoy, 2000 Spring Road, Suite 603 • Oak Brook, IL 60523. **Fax to:** 630-530-2066. **Ph:** 708.341.5438

Anger Management Institute Trainer-Specialist Certification Workshops

Sponsored by: CounselCare Connection, P.C.—Anger Management Institute—NAMA

LOCATION: WHEATON BIBLE CHURCH, <http://www.wheatonbible.org> 27w500 North Avenue, West Chicago, IL 60185

March 1, 2012: 8:30 a.m.—4:30 p.m.

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.

12-1:00 p.m. Lunch provided — optional session for networking at 12:30 p.m.

Empirically Supported Psycho-educational Treatments for Anger Control Problems: assertiveness, time-out, problem- solving, conflict management, forgiveness interventions. Learn 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.

March 2, 2012: 8:30 a.m.—4:30 p.m.

Overview of Emotional Intelligence and Developing Empathy for Managing Anger.

Anger management group and individual pre-assessment inventories, anger survey, evaluation and progress tools. Ethical guidelines for anger management providers, trainers & specialists.

Assessment and Referral for Major Mental Health Disorders (DSM IV) associated with anger problems. Contraindications for anger management treatment.

12-1:00 p.m. Lunch provided—optional session on marketing & planning for your practice at 12:30 p.m.

Application of 'Evidence-Based Treatment Planning for Anger Control Problems with Clients and Groups.

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

Overview of Anger Management Coaching Theory and Principles. Introduction to Problem-Solving Approach with Clients.

Coming from out-of-state?

Call Lynette Hoy regarding questions about the workshops, Anger Management Institute: 708.341.5438.

Nearest Airport: Chicago O'Hare.

HOTELS:

HOLIDAY INN, (1.8 miles from the church)
150 SO. GARY AVE. CAROL STREAM, IL 60188
1-800-800-6509 or 1-630-665-3000. This hotel provides free shuttle to/from church/workshops.

HAMPTON INN (1.5 miles from church), 205 WEST NORTH AVENUE, CAROL STREAM, IL 60188
630-681-9200 (no shuttle service)

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.