

“Anger Management Institute Trainer’s Workshops”

Presenters: Lynette J. Hoy, NCC, LCPC & Steve Yeschek, LCSW

*These workshops sponsored by **CounselCare Connection, P.C.** provide anger management trainer certification for participants, and fresh, research-based methods. Conference curriculum is based on the newly expanded second edition of “What’s Good About Anger?”, the B.A.R.K. manual and the revised “What’s Good About Anger Trainer’s manual”. This program has been **approved by NBCC (National Board for Certified Counselors)** for a total of 12 CEs and is **an approved NAMA (National Anger Management Association)** training program qualifying participants for designation as: Anger Management Specialist-1 upon membership with NAMA.*

Counselors, mental health professionals, social workers, correctional and probation officers, pastors and other professionals are invited to attend and learn effective anger management skills and techniques for motivating and educating clients and students! Trainees will gain skills for: assessing potential clients/students, teaching effective and practical anger management techniques, coaching techniques, managing difficult behavior and more! Participants completing 12 hours receive: What’s Good About Anger? second edition book, 12 week workbook, DVD, Power Point of Seminar, Training Manual One, 12 week Leader’s Guide. Attendees qualify to complete Part Two of the 40-hour Advanced Anger Management Trainer Certification course.

The Anger Management Institute is a division of CounselCare Connection, P.C.

Learning Objectives: This training course will help participants gain the following skills:

1. Understand the nature, sources, triggers, and process of anger.
2. Learn when anger is helpful or harmful.
3. Identify underlying cognitive distortions of harmful anger.
4. Recognize the essential role of stress management in reducing anger.
5. Gain awareness of: the DSM IV - (mental health) disorders associated with anger problems; readiness or contraindication for anger management treatment.
6. Develop skills for: screening participants, on-going evaluation of progress, defusing hostility and managing behavior. Will provide assessment and evaluation tools.
7. Learn effective anger prevention and control strategies, including: communication skills, time-out, problem-solving, forgiveness, relaxation, restructured thinking, conflict management, the role of emotional intelligence & empathy skills. Will provide teaching tools.
8. Understand and learn helpful techniques for teaching and leading anger management classes and groups.
9. Gain awareness of cutting-edge research in anger management.
10. Identify how to develop private practice, support groups and new growth opportunities.
11. Learn ethical guidelines of anger management training and support groups.
12. Gain an understanding of the anger management coaching process and practical techniques.

About the Trainers/Presenters:

Lynette J. Hoy, NCC, LCPC, is a marriage and family counselor, crisis counselor and co-founder of CounselCare Connection, P.C. Mrs. Hoy is a National Certified Counselor and a Licensed Clinical Professional Counselor in the State of Illinois. She is an approved NAMA: Anger Management Specialist-111, a NAMA Anger Management Supervisor, Consultant and Diplomate. Lynette is also President of the Anger Management Institute in DuPage, Illinois and a Domestic Violence Advocate.

She holds a Master's Degree in Community and Family Counseling from Northeastern Illinois University and a Bachelor of Science degree in Nursing from North Park College.

As the co-founder of the Anger Management Institute, Mrs. Hoy has authored anger management courses for court-ordered individuals and provides trainer certificates for leaders and counselors who desire to teach anger management and lead groups. She is a speaker, writer and seminar presenter for community groups and professional organizations.

Steve Yeschek, LCSW is a Licensed Clinical Social Worker and co-founder of CounselCare Connection, P.C. and the Anger Management Institute. Steve is an excellent clinician with extensive in-patient and out-patient counseling and group experience. He is an approved NAMA: Anger Management Specialist-111, a NAMA Anger Management Supervisor, Consultant and Diplomate. Steve specializes in counseling individuals with anger, addictions, mood and behavioral disorders and relationship issues. He is an Associate Pastor overseeing the caring ministries and support programs at a church in Crystal Lake, Illinois.

LOCATION: REDEEMER LUTHERAN CHURCH, 139 E. FIRST ST., HINSDALE, IL 60521

Those of you traveling from out-of-state can make overnight reservations at **The DoubleTree Hotel** at 1909 Spring Rd. Oak Brook, IL 60523 . Call: 630-472-6000 for reservations.

If you are not renting a car please let us know so we can arrange a ride for you to the workshop location in Hinsdale from the DoubleTree. **CLOSEST AIRPORT: CHICAGO-O'HARE**

*HANDICAPPED ACCESSIBLE

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 postmarked no later 7 business days prior to workshops. 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.

Anger Management Institute Trainer's Workshops

Sponsored by CounselCare Connection, P.C.

2000 Spring Rd., Suite 603

Oak Brook, IL 60523

630-368-1880

Presenters: Lynette J. Hoy, NCC, LCPC & Steve Yeschek, LCSW

August 7, 2009 – 8:30 a.m. - 4:30 p.m.

Registration & Refreshments

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

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

Overview of Emotional Intelligence and Developing Empathy for Managing Anger.

August 8, 2009 – 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 pre-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

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

Anger Management Institute Trainer's Workshops Registration Form

(please print clearly) *Program has been approved by National Board of Certified Counselors for 12 CEs.

Costs:

August 7 & 8, 2009 (2 days): \$325.00
 Registration for groups of 2 or more from one organization
prior to 7/31/09: (\$25.00 discount per registrant) \$300.00

Registration deadline: 8/3/09

*Training hours may be applied towards Advanced 40-hour certification course.

*2 day participants qualify for National Anger Management Association membership & designation as NAMA: Anger Management Specialist-1.

TOTAL DUE: \$ _____

NAME: _____ LICENSE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ FAX: _____

EMAIL: _____

Payment Options (check one): Register by phone: 630.368.1880, ext. 1 or 708.341.5438.

Check - received prior to 7/24/09 and payable to: CounselCare Connection, P.C.

By credit card: Visa or MasterCard only

Credit Card Payment Information (please print clearly).

_____ Exp. Date

Card Number

Name as it appears on the card

Billing Address for Card (if different than above)

Two ways to Register:

Mail Registration form

Or

Fax: 630.530.2066

Lynette Hoy, NCC, LCPC

2000 Spring Rd, Suite 603

Oak Brook, IL 60523