

**ANGER MANAGEMENT INSTITUTE &
NATIONAL ANGER MANAGEMENT
ASSOCIATION TRAINER – SPECIALIST
CERTIFICATION WORKSHOPS**

AUGUST 23–24, 2012 , 8:30 A.M–4:30 P.M.

WWW.WHATSGOODABOUTANGER.COM

**LOCATION: WHEATON BIBLE CHURCH,
27W500 NORTH AVE., WEST CHICAGO, IL**

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 2010 Edition of “What’s Good About Anger?” 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 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, relaxation & 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 participants, and evaluation of progress.
- ...How to defuse hostility and manage behavior;
- ...Evidence-based treatment planning & interventions for anger control problems.
- ...Spiritual insights for anger management & forgiveness.
- ...Role of emotional intelligence & empathy skills; inventory.
- ...Empirically supported psycho-educational & cognitive treatment for anger control problems.



...Ethical guidelines for anger management services.
...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 education, classes, and groups - awarding certificates to court or employer ordered individuals required to complete programs!

Approved for a total of 12 CE/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) *Social Worker CEUs available only for 2-day workshops.

Attendees obtain “Certified Anger Management Trainer” credential *and* become members with the National Anger Management Association obtaining the nationally recognized Certified Anger Management Specialist–1 credential.

THIS IS AN APPROVED PROGRAM BY NATIONAL ANGER MANAGEMENT ASSOCIATION FOR THE ANGER MANAGEMENT SPECIALIST-I CREDENTIAL. FEE FOR NAMA CERTIFICATION IS NOW INCLUDED.

Participants will be equipped to educate individuals and groups to reduce levels of anger, learn effective coping behaviors to interrupt escalation in order to work through anger and conflict.

Outcome studies on the Anger Management Institute groups demonstrate the program is ‘evidence-based’.

Presenters: Glen Cannon, LCPC, CAMS-111, Lynette Hoy, NCC, LCPC, CAMS-IV, & Steve Yeschek, LCSW, CAMS-IV are NAMA Supervisors, Consultants, Diplomates & Certified Anger Management Specialist-111 or 1V.

REGISTRATION: AUGUST: _____ (\$375.00) FOR CERTIFICATION AS AN *ANGER MANAGEMENT TRAINER & SPECIALIST*.
INCLUDES: TRAINING BINDER, BOOK, ASSESSMENT TOOLS, 8 & 12-WEEK LEADER’S GUIDES, TRAINER-SPECIALIST CERTIFICATION, CE/CEUS, REFRESHMENTS. APPROVED BY NBCC, NASW & NAADAC FOR 12 CE/CEUS & IAODAPCA FOR 13 CEUS. ONE CE/CEU CERTIFICATE INCLUDED. EXTRA CE/CEUS: \$30.00. LUNCH ON YOUR OWN. Cost: \$375.00 for all registrants before Aug. 1. \$400.00 for students / IAODAPCA members after 8/1/12. \$450.00 for all others after 8/1/12. Checks accepted until 8/1/12. Registration closes: 8/15/12.
IAODAPCA Mem. #: _____ **COMPLETE FORM TO PAY BY CHECK** (PAYABLE TO COUNSEL CARE CONNECTION, P.C.) OR BY VISA OR MASTERCARD ONLY. **CEU/CE CERTIFICATE:** _____ **2ND CEU/CE CERTIFICATE:** _____ **(ADD \$30.00)** ORDER THE WHAT’S GOOD ABOUT ANGER? 16 LESSON EXPANDED BOOK/WORKBOOK & LEADER’S GUIDE (2011) FOR ADDITIONAL: \$55.00 _____.

Name (full): _____ Address (billing): _____
City: _____ State: _____ Zip: _____ Phone: (____) _____
Email: _____ Amount Total: _____
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

Co-sponsored by: Anger Management Institute—National Anger Management Association

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

August 23, 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 on your own

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.

August 24, 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 on your own

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. For discount use: WBC code.

HAMPTON INN (1.5 miles from church), 205 WEST NORTH AVE, CAROL STREAM, IL 60188 1-630-681-9200 (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.