

“What’s Good About Anger Institute Trainer’s Conference” September 20-21, 2007

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

*This conference co-sponsored by the Illinois Mental Health Counselors Association and CounselCare Connection, P.C. provides 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) and the Illinois Mental Health Counselor Association for 6 CEs per day or 12 CEs for 2 days for NCCs and Illinois LPCs, LSWs, LCPCs, LCSWs, LMFTs.*

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! Two day participants 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 can apply this conference training towards Part One of the 40-hour Advanced Anger Management Trainer Certification course. Continental breakfast and lunch provided each day. Register: 708.524.3333, ext. 1.

The What’s Good About Anger Institute is a division of the CounselCare Connection, P.C. organization.

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 and 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:

Lynette J. Hoy, NCC, LCPC, is a marriage and family counselor, crisis counselor and the co-founder of CounselCare Connection, P.C. She is an Anger Management Specialist, a Diplomate with the

American Association of Anger Management Providers and a Domestic Violence Advocate. Mrs. Hoy is a National Certified Counselor and a Licensed Clinical Professional Counselor in the State of Illinois. 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. Lynette successfully completed the American Counseling Association's Anger Management Training Certificate Program for counselors.

As the founder of the What's Good About Anger Institute for Anger Management, 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. in Oak Park, Illinois. Steve is an excellent clinician with extensive in-patient and out-patient counseling experience. He is an Anger Management Specialist and Consultant with the What's Good About Anger Institute. 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.

Register: 708.524.3333, ext. 1.

LOCATION: The Carleton Hotel

1110 Pleasant Street • Oak Park, IL 60302

For overnight reservations call: Dana Enari, Sales Consultant, 708.848.5000 to receive a discount for this conference.

What's Good About Anger Institute Trainer's Conference
Registration Form (please print clearly) *Program has been approved by IMHCA/IDPR
and NBCC for 12 CE's for licensed mental health professionals.

Costs:

September 20-21, 2007 (2 days): \$400.00
 Registration **discount extended until 9/7/07**(discounted \$50.00): \$350.00
 Groups of 2 or more. Cost discount per registrant prior to 9/7: \$325.00
 September 20, 2007 (one day only- paid prior to Aug. 20, 2007): \$175.00
 One Day fee after Aug. 20th : \$200.00

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

TOTAL DUE: \$ _____

NAME: _____ LICENSE: _____
(IL LPC, LCPC, LSW, LCSW)

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ FAX: _____

EMAIL: _____

Payment Options (check one): Register by phone: 708.524.3333, ext. 1 or 708.341.5438.

Check: payable to: CounselCare Connection, P.C. or Visa MasterCard

Credit Card Payment Information (please print clearly).

_____ Card Number _____ Exp. Date _____

_____ Name as it appears on the card _____

_____ Billing Address for Card (if different than above) _____

Two ways to Register:	
Mail Registration form Lynette Hoy, NCC, LCPC • 1100 Lake Street • Suite 245 Oak Park, IL 60301	Fax: 708.386.8048

Cancellation Policy: Refunds can be made only if requested in writing to: Lynette Hoy, NCC, LCPC, CounselCare Connection P.C., 1100 Lake Street, Suite 245, Oak Park, IL 60301 and postmarked no later than Sept. 10, 2007 (7 business days prior to conference). 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.

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Co-sponsored by Illinois Mental Health Counselors Association
and CounselCare Connection, P.C.

Conference Schedule:

September 20-21, 2007 **Location: Carleton Hotel, Oak Park, Illinois.**

September 20, 2007: 8:30 a.m. - 4:30 p.m.

8:45-9 a.m. Welcome and Introduction

9:00-10:15 a.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.

10:15-10:30 a.m. Break

10:30 a.m. – 11:15a.m. Stress management and relaxation Techniques for Defusing Anger.

11:15 a.m. - 12:00 p.m. Cognitive distortions and Restructured Thinking Skills.

12:00-1:00 p.m. Lunch provided

1:00-2:15 p.m. 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.

2:15-2:30 p.m. Break

2:30-3:30 p.m. Managing Behavior and Defusing Hostility- dealing with difficult behavior and hostility styles in treatment of individuals and groups.

3:30-4:30 p.m. Overview of Emotional Intelligence and Developing Empathy for Managing Anger.

September 21, 2007 8:30 a.m. - 4:30 p.m.

9-10:15 a.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.

10:15-10:30 a.m. Break

10:30 a.m. – 12:00 p.m. 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.

12-1:00 p.m. Lunch provided

1:00-2:15 p.m. Research in Anger Management. Planning and Marketing Anger Management Programs and Practice.

2:15-2:30 p.m. Break

2:30-4:30 p.m. Overview of Anger Management Coaching Theory and Principles. Introduction to Coaching Skills and Practical Application