

***Anger Management Institute***  
***Main Office: 1200 Harger Road, Suite 602,***  
***Oak Brook, Illinois 60523 – 630.368.1880***

**History:** The Anger Management Institute programs and resources are based on the seminars Lynette Hoy began presenting in 1998 to groups, churches, and counselors. Lynette Hoy, NCC, LCPC, and Ted Griffin, editor/writer, co-authored all editions of the book. The First Edition book (2002) was geared for Christians with a biblical emphasis. The second (2006); *third* (2012) and fourth (2016) editions of the book expand into practical, research-based skills and are geared for a general audience and community groups. New combination books/ workbooks have been published for couples, teens, children, and adults. The adult book/workbook edition is also available in Spanish. Since 2008 students/clients in classes and groups held in Oak Brook and Cary, Illinois are participating in outcome studies.

**The Anger Management Institute** is an extension of CounselCare Connection, P.C. and the training company of co-founders: Lynette J. Hoy, NCC, LCPC, and Steve Yeschek, LCSW. This model of anger management is described and widely distributed over the Internet in various newsletter and other online publications and has been extremely well received by hundreds of local, national, and international anger management participants. It is currently being used by self-referred clients, court-referred clients, HR referrals, corporate executives, physicians, law enforcement, and others needing qualified anger management services.

Lynette Hoy, NCC, LCPC, CAMS-V and Steve Yeschek, LCSW, CAMS-IV have presented various workshops and classes since 2004. Trainer-Specialist's workshops are offered throughout the year providing CEs/CEUs for leaders and professionals.

**Certificate Programs, Courses and Class benefits:**

Approved and endorsed program by National Anger Management Association (NAMA) - qualifying trainers/participants as Anger Management Specialist-I or II

Approved by NAMA as a primary CEU provider #102

Approved by National Board of Certified Counselors for 12 CEs for LPCs, LCPCs: Provider # 6577

Approved by National Association of Social Workers for 12 CEUs for LSWs, LCSWs: #886526264 (live workshops)

Approved by NAADAC (association for addictions professionals) for 12 CEUs

Approved by IAODAPCA for 13 CEUs -- program # 14282 for: Counselor II, Preventionist II, CARS II, MISA I or II, PCGC II, CCJP II, CAAP II, CVSS II, CRSS I or II, MAATP II, CFPP II, NCRS II

Approval nationally by courts and judges for court-mandated cases since 2005

Approved by Cook County District Court and other Chicago-land area courts for court-mandated clients.

Listed on the National Anger Management Association directory.

Listed in the California Evidence-Based Clearinghouse for Child Welfare.

**The research-based skills taught in these anger management programs include:**

Step One — Preparing for Provocation - developing Self-Awareness by identifying, preventing and decreasing triggers for anger.

Step Two — Behavioral Changes – developing Self-Management through application of these skills: Time-out, Assertiveness, Stress Management.

Step Three — Cognitive Changes – developing Self-Management & Self-motivation through understanding and transforming the emotion of anger into a positive force for change; healthy self-talk and thinking. Step Four ---- Relational Changes – enhancing Relational Development through conflict management, forgiveness and emotional intelligence (empathy) skills.

***Anger Management Institute***  
***Main Office: 1200 Harger Road, Suite 602,***  
***Oak Brook, Illinois 60523 – 630.368.1880***

**Statement on Evidence-Based Anger Management:**

The Novaco Results: “What’s Good About Anger?”

Seigel M. Bartley, PhD, LPC-S, CAMS-V

January 26, 2015

This summary is based on an analysis of data obtained from individuals who completed the Novaco Anger Scale and Provocation Inventory (NAS-PI) and the, “What’s Good About Anger?” anger management training program. The NAS-PI is a two-part test designed to “assess anger as a problem of psychological functioning, physical health, and therapeutic changing” (Novaco, 2003).

Twenty-eight individuals, males and females, took the “What’s Good About Anger?” anger management training program. Their ages ranged from 25 to 61. The individuals were of diverse ethnicity, which included two Asians, one Hispanic, one Native American, three African Americans, and twenty-one Caucasians. Their education levels ranged from high school, to college and master’s degrees. The individuals were given the NAS-PI as a pretest. Following the pretest, the individuals received anger management training using the, “What’s Good About Anger?” program. At the conclusion of the training program the individuals were given the NAS-PI as a posttest.

The results are as follows:

The NAS-PI assesses individuals in five categories: Cognition, Arousal, Behavior, Anger Regulation, and Provocation Inventory Score (PI). The participants’ scores for Cognition, Arousal, Behavior, Anger Regulation, and PI-Total T Scores were compared and analyzed for correlations.

The pretest and posttest scores for each participant were analyzed to determine whether they had improved in the five categories after receiving anger management training. The scores of seventy-five percent (75%) of the participants improved in each category after they completed the anger management training. Twenty five percent (25%) of the participants’ scores showed no improvement after the completion of the anger management training. The findings might suggest that twenty five percent (25%) of the participants became defensive (which is possible when an individual is mandated to take anger management training), or took a distorted approach when giving responses on the NAS-PI posttest.

The data analysis of the 28 individuals suggest that anger management training positively affects psychological functioning and physical health. Although care should be exercised when interpreting results from a small sample size, the outcome data from this analysis is encouraging with regards to the positive results garnered from using the “What’s Good About Anger?” program as an evidence-based approach for anger management.

**References**

Hoy, L. J. and Griffin, T. (2012). What’s Good About Anger? Oak Brook, IL: CounselCare Connection  
Publication Novaca, R.M. (2003). The Novaco anger scale and provocation inventory.  
Los Angeles, CA: Western Psychological Services.

***Anger Management Institute***  
***Main Office: 1200 Harger Road, Suite 602,***  
***Oak Brook, Illinois 60523 – 630.368.1880***

**Staff Credentials**

**Lynette J. Hoy, NCC, LCPC, CAMS-V:**

Mrs. Hoy is the President of the Anger Management Institute. Lynette is a National Certified Counselor, a Licensed Clinical Professional Counselor in the State of Illinois and was granted the designation as a *Board Certified Professional Christian Counselor* by the International Board of Christian Counselors. Lynette oversees and publishes all courses and training curriculum for both the Anger Management Institute and CounselCare Connection, P.C. Lynette co-founded CounselCare Connection, an organization providing counseling services and resources for individuals and couples dealing with various issues. Lynette is a crisis counselor with R3-Continuum providing counseling and debriefing to various companies. She has accrued over 111 hours of GPSS leadership coach training.

Mrs. Hoy is designated as a National Anger Management Association (NAMA) approved Diplomate and Certified Anger Management Specialist-V, supervisor, and consultant. Mrs. Hoy has completed various studies in the field of Anger Management through the ACA and the Cape Cod Institute. She presents the Anger Management Institute Trainer's conferences & workshops which have been granted approval in 2006-2020 by National Board for Certified Counselors (NBCC) to award 12CEs.

The National Association of Social Workers has approved the Anger Management Institute Trainer certification workshops for 12 CEUs for LSWs and LCSWs 2009-2020. As co-author of all editions of *What's Good About Anger?* Mrs. Hoy has trained hundreds of students and clients in anger and conflict management and has certified hundreds of leaders throughout the USA and Canada as Trainers/Specialists in Anger Management. She has authored various workbooks, training manuals and articles in anger management. Lynette is a Domestic Violence Advocate having completed the approved 40-Hour Training program with the Chicago Metropolitan Battered Women's Network. Lynette writes for various publications, has been interviewed on radio programs and televised. Lynette is a seminar presenter for AACC, professional organizations, business, community and women's groups! Lynette and her husband David have been married for almost 50 years and have one married daughter. Contact Lynette at: 708-341-5438.

**Glen Cannon, LCPC, CADC, CAMS-IV:**

Mr. Cannon is a Licensed Clinical Professional Counselor and Certified Addictions Counselor, providing private, outpatient mental health and addiction counseling to individuals, couples, and families. He is a NAMA Certified Anger Management Specialist-IV. Mr. Cannon specializes in clients with problems with pathological gambling addictions. He also provides training and consultation to therapists and agencies. Mr. Cannon has served on various quality assurance and behavioral health education committees. He directed the Addiction Counseling Education Department at Montay College in Chicago, IL. He has coordinated and provided education in Addictions at the University of St. Francis in Joliet, IL. Mr. Cannon has an M.S. degree in Psychology with Clinical Emphasis from the University of Wisconsin-Oshkosh, Oshkosh, WI.

**Steve Yeschek, LCSW, CAMS-IV:**

Mr. Yeschek is the co-founder of the Anger Management Institute and CounselCare Connection, P.C. He is a NAMA approved Diplomate & Certified Anger Management Specialist-1V, supervisor and consultant. Steve, licensed clinical social worker in the state of Illinois, brings years of expertise and experience in training, coaching and counseling clients and groups in anger, addictions, mood and behavioral disorders and relationships issues. Steve has been the Director of the Chicagoland Rapha Treatment Centers and is an ordained Pastor. He is the Vice-President of CounselCare Connection, P.C. and co-presenter of the anger management Trainer certification conferences and workshops. Steve is the President of Yeschek & Associates in Cary, IL. Steve is certified in mediation and coaching. Contact Steve at: 708-732-3527.

***Anger Management Institute***  
***Main Office: 1200 Harger Road, Suite 602,***  
***Oak Brook, Illinois 60523 – 630.368.1880***

**JoAnn K. Darling, CAMS-II:**

JoAnn is the Administrator for the Anger Management Institute and holds a BA in psychology from George Williams College. She is a Certified Anger Management Specialist-II with the National Anger Management Association. JoAnn's background includes administration of professional certifications and providing student assessments at the college level. She manages the business components of AMI, coordinates projects and cares for client needs. JoAnn's other responsibilities include business development and is the distance-learning coordinator.

**Dallas, TX Presenters:**

**Seigel Bartley, PhD, LPC-S, CAMS-V** graduated with a Doctor of Philosophy degree in Theological Studies from Vision International University, where he serves as director of Christian Counseling. He went on to complete his Doctor of Philosophy degree in Counselor Education and Supervision from Regent University. Dr. Bartley is an ordained minister with over fifteen years of pastoral and counseling experience with children, adolescents, couples, adults, and families. Dr. Bartley has served as an adjunct professor at Dallas Baptist University since 2008. He is a licensed professional counselor (LPC) in the state of Texas. Dr. Bartley is a NAMA approved Anger Management Supervisor, Consultant and Diplomate. He is a Certified Anger Management Specialist-V with NAMA.

**Joseph Cook, PhD, LPC-S, CAMS-IV** is Assistant Professor of Counseling, Director, Master of Arts in Counseling, Dallas Baptist University North. Dr. Cook earned his B.A. at Howard Payne University; M.A.C., at Dallas Baptist University; M.Div. at Southwestern Baptist Theological Seminary; D.Min., at New Orleans Baptist Theological Seminary, and PhD in Counselor Education and Supervision from Regent University. Dr. Cook is approved by NAMA as a Certified Anger Management Specialist-IV, Supervisor, Consultant and Diplomate.

**Georgia Presenter:**

**Natalie Ford, PhD, LPC, CPCS, CAMS-IV**

Dr. Natalie Ford is Assistant Professor of Behavioral Sciences and Degree Coordinator for the Masters in Counseling at the Leonhard Schiemer School of Psychology and Biblical Counseling at Truett McConnell University (TMU), and is a licensed professional counselor at Northeast Georgia Christian Counseling. Dr. Ford graduated from Mercer University with a degree in political science, and received her master's degree at the Reformed Theological Seminary. Ford earned a Ph.D. in Professional Counseling from Liberty University. Dr. Ford is a Licensed Professional Counselor and practices at a community counseling center. She authored the book, *Tears to Joy: Finding Hope in the Presence of Bipolar Disorder and Suicide and Grace-based Counseling* which will be released in 2021.

**Ted Griffin, Editor/writer:**

Is the co-author of the all editions of *What's Good About Anger?*. He is retired after being the Senior Editor of Crossway Books, a division of Good News Publishers. He has authored numerous gospel tracts, including the best-selling *You're Special* and is working on several books. He is a seminar presenter, an adult Sunday School teacher and is a member of Calvary Memorial Church where he serves as an elder. He and his wife, Lois (recently deceased), were married for over 45 years and have two grown children and three grandchildren. Having grown up under an alcoholic father, he has personally struggled with and has extensively studied anger issues.