

# **Anger Management Issues and Strategies for Teens and Families**

**Presenters: James Bedell, PsyD., CAMS-IV & Steve Yeschek, LCSW, CAMS-IV**

**Location: Hyatt Place Lombard**  
**2340 S. Fountain Square Drive Lombard, IL 60148 Ph: 630.932.6501**

**November 17, 2012**  
**8:30 a.m. – 4:30 p.m.**

**Registration fee: \$150.00**

Approved by IAODAPCA for 6.5 CEUs. 6 CEUs from: NBCC; 6 CEUs byNASW.  
\*Hours may be applied toward the 40-hour Advanced Anger Management Trainer credential.

## **8:30 a.m. Introduction**

**9:00-10:15 a.m.**

### **Dynamics of Angry Families and Teens**

- *Examine core issues of the dynamics of the angry family and the anger generating family. Identify the factors that contribute to sustaining the “angry tone” of relationships within angry families and how this environment contributes to the development of angry teens:*  
What is it about family systems that are so powerful in the formation of poor anger coping responses?  
Explore the 11 characteristics of angry families.
- What are the core cognitive processes formed in the context of angry families/anger generating families?  
How are feelings expressed and modulated in these family systems?  
How does attachment disruption play a role in affect development and particularly anger management in teens? The roles of developmentally appropriate goals and expectations and appropriate parental response; the effects of abuse and addictions on anger development. Social learning and poor parental modeling and anger management difficulties.

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

**10:30 a.m. – 12 p.m.**

### **Physiology and Core Issues in Teens with Anger Control Problems**

- *Examine core issues in the physiology of teen anger control issues. Identify the unique vulnerabilities that the under developed brain has as it pertains to anger modulating capacities. Recognize the effects of trauma and parental aggression on the brain wiring of the teen:*  
What unique vulnerabilities exist that make it more difficult for the teen to modulate anger and how must the family environment support affect regulation? What are the effects of early addictive behaviors of teens on the developing brain and capacity to modulate anger?  
What affect does ADHD have on the developing capacity of the teen brain to integrate anger in a healthy way into their lives?
- *Examine core issues of child/adolescent anger control problems. Identify developmental and contributing factors involved in anger control problems with children and adolescents:* What makes a child/adolescent habitually angry and aggressive? What are the unique provocations that seem to generate consistent destructive anger responses? Focus on problems in incomplete affect regulation, identity confusion, attachment, academic pressures, peer acceptance pressures, and transitional dilemmas.

12-1 p.m. *Lunch on your own*

**1-2:30 p.m.**

**Evidence-based Strategies for Angry Children and Teens**

*Learn evidence-based cognitive-behavioral treatment planning interventions for angry children and teens.*

Cognitive distortions with teens, intense external locus of control distortions, affect modulation strategies, dialectical behavioral therapy approaches to the immature affect system, relaxation strategies, conflict management strategies including assertiveness skills, building Emotional intelligence, social intelligence skills, and social skills training.

Teach the “pragmatics” of the benefit of anger management control by helping teen to see the detrimental negative to positive ratio of cost to benefit outcome of poor anger management style-how it is ultimately self-defeating.

2:30-2:45 p.m. *Break*

**Anger Control Interventions for Families**

**2:45-4:30 p.m.**

*Focus on the treatment strategies for intervention with the angry family and anger generating family system.*

What are three anger reducing goals for angry families? How can the family be motivated to work towards healthy anger expression and management and contain the anger of teens?

What are healthy and appropriate expectations for teens and what are anger reducing consequences that defuse the anger- resentment-acting out cycle of teens?

Teaching emotional intelligence in the family system. Teaching concepts of love and logic versus aggression and frustration in responding to teens. Handling addictions in the family.

**Anger Management Institute Workshop Registration form:**

**Nov. 17 Teen/Family workshop** for \$150.00 \_\_\_\_ \*LUNCH ON YOUR OWN

Checks accepted until 10/10/12, credit card only after that date. Registration closes: 10/15/12

**CEU/CE CERTIFICATE:** \_\_\_\_\_ **2ND CEU/CE CERTIFICATE:** \_\_\_\_\_

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**PRE-ORDER** THE WHAT’S GOOD ABOUT ANGER? 16 LESSON EXPANDED BOOK/WORKBOOK & LEADER’S GUIDE (2011) FOR ADDITIONAL: \$60 \_\_\_\_\_ (INCLUDES SHIPPING)

**ADD NOV. 15-16, 2012 ANGER MANAGEMENT TRAINER-SPECIALIST WORKSHOPS: \$400.00 \_\_\_\_ (DISCOUNTED)**

**\*TRAINER-SPECIALIST WORKSHOPS INCLUDE NAMA \$100.00 MEMBERSHIP FEE AND CERTIFICATION.**

**Location:** To be held at Hyatt Place 2340 Fountain Square Drive, Lombard, IL (630) 932-6501. Guests can reserve by calling [877.574.7258](tel:877.574.7258) and referencing the **Anger Management Institute** OR visit [www.hyattplacelombard.com](http://www.hyattplacelombard.com) and enter the group code **G-ANGE** in the “Corporate/Group #” field until Oct. 31st.

**COMPLETE THIS FORM TO PAY BY CHECK (PAYABLE TO COUNSEL CARE CONNECTION, P.C.) OR PAY WITH VISA OR MASTERCARD ONLY.**

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