

# Anger Management Institute

## THESE WORKSHOPS ARE APPROVED BY

- NBCC—12 CES
- NASW —12 CEUs
- NAADAC —12 CEUs
- IAODAPCA —13 CEUs

**LOCATION: Holiday Inn**  
17 W. 350 22nd St.  
Oakbrook Terrace, IL 60181  
(630) 833-3600  
Ask for group rate for Anger Management Institute  
Code: MAA  
\$94.00 per night includes breakfast. Reserve by 8/10

**Coming from out-of-state?**  
Call Lynette Hoy regarding questions about the workshops, Anger Management Institute:  
708.341.5438  
**Nearest Airport:** Chicago O'Hare

**Workshops are approved and endorsed by the National Anger Management Association (NAMA). NAMA certification and \$100.00 membership fee now included!**

Main Office:

Anger Management Institute  
2000 Spring Rd. Ste. 603  
Oak Brook, IL 60523  
[www.whatsgoodaboutanger.com](http://www.whatsgoodaboutanger.com)

## ANGER MANAGEMENT INSTITUTE TRAINER - SPECIALIST CERTIFICATION WORKSHOPS AUGUST 23-24 OR NOVEMBER 15-16, 2012

THE CURRICULUM IS RESEARCH-BASED AND SYNTHESIZES MATERIAL FROM THE WHAT'S GOOD ABOUT ANGER? BOOK AND TRAINER'S MANUAL. WORKSHOP PARTICIPANTS WILL OBTAIN NAMA'S "CERTIFIED ANGER MANAGEMENT SPECIALIST-1" CREDENTIAL *and* become members of the National Anger Management Association (NAMA).

Most people believe that anger is a negative emotion from which no good can come. 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.**

### Who Should Attend?

Counselors, social and mental health workers, marriage and family therapists, addictions counselors, educators, law enforcement officers, pastors and leaders 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.

### What will you learn?

- ...Tools for teaching anger management
- ...DSM IV disorders associated with anger
- ...Assessment process and treatment planning
- ...How to defuse anger and hostility
- ...Role of emotional intelligence
- ...Empirically-based strategies for motivating clients
- ...When anger is helpful or harmful

*Outcome studies on the Anger Management Institute groups demonstrate the program is 'evidence-based'*

INCLUDES CERTIFICATION AS AN *ANGER MANAGEMENT SPECIALIST-1*; TRAINING BINDER, BOOK, ASSESSMENT TOOLS, 8 AND 12-WEEK LEADER'S GUIDES, NAMA MEMBERSHIP FEE, CES/CEUs, REFRESHMENTS.

**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 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.

**Anger Management Institute Trainer-Specialist Certification Workshops**

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

LOCATION: HOLIDAY INN —17W350 22nd St.—Oakbrook Terrace, IL 60181

Presenters: James Bedell, PsyD; Glen Cannon, LCPC, CADC; Lynette J. Hoy, NCC, LCPC; Steve Yeschek, LCSW

**August 23, 2012 or November 15, 2012 8:30a - 4:30p**

Roosevelt Rd **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**

*Lunch on your own*

**Empirically Supported Psycho-educational Treatments for Anger Control Problems:** Assertiveness, time-out, problem- solving, conflict management, forgiveness interventions. 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 or November 16, 2012 8:30a – 4:30p**

**Overview of Emotional Intelligence and Developing Empathy for Managing Anger**

**Anger management group and individual assessment inventories**

Anger survey, evaluation and progress tools also ethical guidelines for anger management providers

**Assessment and Referral for Major Mental Health Disorders (DSM)** associated with anger problems.  
Contraindications for anger management treatment

*Lunch on your own*

**Managing Behavior and Defusing Hostility:** Dealing with difficult behavior and hostility in treatment of individuals and groups

**Application of 'Evidence-Based Treatment Planning for Anger Control Problems** with Clients/Groups

**Overview of Anger Management Coaching Theory and Principles:** Introduction to Problem-Solving Approach (Role-play)

**AUGUST WORKSHOP COST: BEFORE 8/1/12 - \$400**

**After 8/1/12 - \$425 for students/IAODAPCA \$450 all others**

Checks accepted until 8/1/12, credit card only after that date. Registration closes: 8/15/12

**NOVEMBER WORKSHOP COST BEFORE OCT. 10: \$425 AFTER 10/10/12— \$425. STUDENTS/IAODAPCA**

**\$450.00 ALL OTHERS.CHECKS ACCEPTED UNTIL OCT 10. REGISTRATION CLOSES 11/8/12**

**CEU/CE CERTIFICATE:** \_\_\_\_\_ **2ND CEU/CE CERTIFICATE:** \_\_\_\_\_  
(NBCC, NASW OR IAODAPCA)

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

\*LUNCH ON YOUR OWN

**COMPLETE THIS FORM TO PAY BY CHECK (PAYABLE TO COUNSEL CARE CONNECTION, P.C.) OR PAY WITH VISA OR MASTERCARD ONLY. ATTENDING (CHECK ONE):** AUG: \_\_\_\_ NOV. \_\_\_\_

Name (full): \_\_\_\_\_

Address (billing): \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Credit card #: \_\_\_\_\_ Expiration date: \_\_\_\_\_

**Amount total:** \_\_\_\_\_ **Fax to 630-530-2066 Phone 708-341-5438**

**Mail to:** Lynette Hoy • 2000 Spring Road, Suite 603 • Oak Brook, IL 60523. **www.whatsgoodaboutanger.com**