

**To Register**

Make Check Payable To:  
Anger Management Institute  
41 Marietta St., Suite 809  
Atlanta, GA 30303  
Tuition Fee: \$225.00

**Presenter**

Gary Byrd, M.Ed. MAC, CCS, CAMS

**Become a Certified  
Anger Management  
Specialist**

**2 Day Course  
April 8-9, 2010  
Smyrna, GA**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
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Email Address: \_\_\_\_\_

Credit Card: \_\_\_ VISA \_\_\_ MC

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Exp. Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Email address needed for directions to facility to be emailed to you upon receipt of registration.

Discounts of more than one from the same facility.

Cancellations must be received at least 72 hours prior to workshop for a refund. A \$20 processing fee will be assessed for all cancellations.

Program subject to cancellation due to insufficient enrollment. Refunds will be promptly made due to lack of enrollment.

**Anger Management Institute**

41 Marietta St.  
Suite 809  
Atlanta, GA 30303  
404-523-6074  
Fax: 404-523-3749



**Training Location:**

Smyrna Community Center  
200 Village Green Circle  
Smyrna GA 30080

**Training Provided By:**

**High Impact/Anger Management**

**41 Marietta St., Suite 809  
Atlanta, GA 30303**

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## About the Conference

More and more people are seeking help from human service professionals to assist them in learning how to take control of their anger. The research indicates that 20% of the population has an anger management problem. Anger is a normal human emotion; however, when it is not controlled properly, it can be destructive to all who are affected by it.

Not only are private individuals and families seeking help with their anger, the criminal justice system is mandating clients to anger management programs. Also, employers and schools are seeking anger management services for their employees and students.

The Certified Anger Management Specialist program is designed for individuals interested in developing a specialization in anger control training. There is a growing need for services for people who present with anger management problems and a scarcity of professionals who are equipped to offer this service. The Certified Anger Management Specialist Certification will provide you with the skills and knowledge to meet the growing need in your community.

### Who Should Attend:

**The certification training is LPC's, LCSW, SA Counselors, and others interested in developing specialization in Anger Control and Intervention Counseling.**

**Continuing Education Credits of 12 hours have been applied for through GACA, LPC, and LCSW.**

## Learning Objectives

1. Explain the certification process & its benefits
2. Provide an overview of the Choice-Based Anger Control Model and how it's used in anger management counseling.
3. Review various definitions of anger.
4. Describe anger and other mislabeled emotions that are used to cover-up anger.
5. Describe at least 4 theories of anger
6. Describe the neuroscience of anger
7. Differentiate between State and Trait Anger
8. Explain the difference between Family Violence counseling and anger management counseling.
9. Use cognitive-behavioral and mindfulness strategies in anger management counseling
10. Employ narrative, constructionist techniques in anger management counseling.
11. Develop anger management programs teens
12. Prepare practitioners to develop and lead anger management group.

### **Tuition: \$225.00**

Pre-registration is required. Tuition fee covers the cost of instruction, handout materials, refreshments breaks, continuing education credits, a three-ring binder that includes a CD with a Choice-Based Anger Control Adult workbook, CD with the ACT RIGHT Teen Anger Curriculum and the Anger Management for Christians PowerPoint..

**Registrations received after April 5, 2010 the fee will be \$250.00.**

## **Agenda Day 1: 8:30 a.m.-4:30 p.m.**

- Registration/Intros/Course Objectives
- Why Certification and the process
- Various theories of causes of anger
- Neuroscience of anger
- Various definitions of anger
- Differentiate between AM and FV counseling
- Understanding state and trait anger
- Cognitive-behavioral & mindfulness strategies in anger management counseling
- Applying narrative and constructionist techniques in AM counseling
- Complete an anger management assessment

## **Agenda Day 2: 9:00 a.m.-4:30 p.m.**

- Overview of the Choice-Based Anger Management Curriculum
- Anger Management for Teens
- Test Review and Test

### **Your Presenter:**

Gary K. Byrd, M.Ed., CCS, CAMS, MAC, CEO of The Anger Management Institute. He has written anger management participant workbooks for teens and adults.