

# Anger Management Institute

## Webinar Provides:

- 14—NBCC CE hours, ACEP #6577  
Accepted by NAADAC
- 14—IAODAPCA CEUs
- 14—NAMA CEUs
- 14—Texas (TBHEC) CEUs for LPCs, LSWs, LMFTs

## WEBINAR Workshop:

Participants will receive ZOOM Room ID and password two days prior to start of workshop

Questions? Contact [lynettehoy@gmail.com](mailto:lynettehoy@gmail.com)

AMI Webinar Workshop is  
Approved  
and Endorsed by the  
National Anger  
Management Association  
(NAMA)

To receive NAMA certification:  
After completing this webinar  
participant will submit fee and  
application directly to NAMA

## Sponsor:

Anger Management  
Institute  
1200 Harger Road,  
Suite 602  
Oak Brook IL 60523

[www.whatsgoodaboutanger.com](http://www.whatsgoodaboutanger.com)

630-368-1880

## Anger Management Institute(AMI) Trainer-Specialist Certification Webinar. Presentations: November 14-15, 2024

The curriculum is research-based and synthesizes material from the *What's Good About Anger?* book and trainer's manual. Workshop participants qualify to obtain "Certified Anger Management Specialist-I or II" credential *and* become members of the National Anger Management Association (NAMA).

### Includes Required Training to qualify for NAMA "*Certified Anger Management Specialist-I or II*", Training binder, book, Assessment & Leader's tools, CE/CEUs, hand-outs, resources

Most people believe that anger is a negative emotion from which no good can come. This Trainer-Specialist certification program based on the revised editions 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**. Outcome studies on the Anger Management Institute groups demonstrate that the programs are 'evidence-based'. We will look at trauma, and how experiencing a crisis can trigger anger and its expression. Clinicians can assist their clients with understanding the effects of trauma on their psychological, physiological, and physical functioning and teach the skills that will mitigate the expression of inappropriate anger.

### Who Should Attend?

Counselors, social workers, marriage and family therapists, addictions counselors, educators, law enforcement officers, coaches, health professionals, 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, school or employer ordered individuals.

### What will you learn?

- Tools for teaching anger management
- DSM-V-TR disorders associated with anger, contraindications
- Assessment process, brain physiology, and treatment planning
- How to defuse anger and hostility
- Role of emotional intelligence
- Empirically-based strategies for motivating clients
- Evidence-based cognitive and behavioral skills for managing anger

**Cancellation Policy:** Refunds can be made only if requested in writing to: Lynette Hoy, NCC, LCPC, CounselCare Connection P.C., 1200 Harger Rd., Suite 602, Oak Brook, IL 60523 and postmarked no later than 14 business days prior to workshop. Refunds are subject to a \$50 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 2024 Trainer-Specialist Certification Webinar

**LOCATION:** WEBINAR WILL BE PRESENTED VIRTUALLY ON ZOOM PLATFORM – CENTRAL TIME

**NOTE:** PARTICIPANTS NEED DEVICE WITH VIDEO AND AUDIO CAPABILITY TO ACCESS WEBINAR

**Presenters:** Seigel Bartley, PhD, LPC-S, CAMS-V; Lynette J. Hoy, NCC, LCPC, CAMS-V

## November 14 (8:15 a-4:45 p) (Central Time)

Overview of Anger Control Problems: Identify the problem of anger, manifestations & triggers, when anger is harmful or helpful.

Brain research and anger management physiology.

Anger management group and individual pre-assessment inventories, anger survey, evaluation, and progress tools.

Ethical guidelines for anger management specialists.

Assessment and referral for major mental health disorders (DSM-V) associated with anger problems.

Contraindications for anger management treatment.

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.

Overview of Emotional Intelligence and developing empathy for managing anger.

## November 15 (8:30 a – 4:45 p) (Central Time)

Empirically supported calming and coping treatments for anger control problems: Stress management and relaxation interventions.

Overview of motivational and social problem-solving approaches with clients. Practical application and video demonstration.

Empirically supported cognitive treatments for anger control problems: Cognitive Restructuring Interventions.

Managing behavior and defusing hostility—dealing with difficult behavior and hostility styles in treatment of individuals and groups.

Application of 'Evidence-Based' treatment planning for anger control problems with clients and groups.

**Registration Fee *thru* October 10, 2024, 6p** \_\_\_\_\_ **\$465** (plus \$20 shipping fee)

**Registration Fee *after* October 10, 2024, 6p** \_\_\_\_\_ **\$490** (plus \$20 shipping fee)

**Register Online at [www.whatsgoodaboutanger.com](http://www.whatsgoodaboutanger.com) Deadline for all registrations: Sept. 5, 2024 or until event is full**

**\*Provided:** 14 NBCC CE hours — ACEP #6577 (accepted by NAADAC & many state Social Work boards)

- 14 CEUs Texas (TBHEC) #2686 -14 CEUs IAODAPCA #20104 - 14 CEUs NAMA #102

**Indicate here CEU/CEs you need:** \_\_\_\_\_

"The Anger Management institute has been approved by NBCC as an Approved Continuing Education Provider. ACEP No. 6577. Programs that do not qualify for NBCC credit are clearly identified. Anger Management Institute is solely responsible for all aspects of the programs."

**\*Receiving official NAMA certification:** Upon webinar completion, participants will make application directly to NAMA.

- NAMA application with fee (\$125 for CAMS-I or \$150 for CAMS II) completed on NAMA website

- LCPCs, CADCs, LCSWs, LMFTs, PhDs, Certified Coaches, and some others (upon approval) qualify for CAMS-II

**Checks Payable to:** CounselCare Connection, PC or Anger Management Institute

Mail Checks **before Nov. 1, 2024**, to: Lynette Hoy, 1200 Harger Rd. Suite 602, Oak Brook, IL 60523

NAME OF PARTICIPANT \_\_\_\_\_  
PARTICIPANT ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE ( ) \_\_\_\_\_ EMAIL \_\_\_\_\_

**Visa and Mastercard accepted** (card payments accepted thru Nov. 7, 2024, or ***until event is full:***

Name on credit card \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Credit Card # \_\_\_\_\_ CSV code: \_\_\_\_\_

Expiration Date \_\_\_\_\_ Total Amount \$ \_\_\_\_\_

Fax registration to: 630-530-2066 or email to: [lynettehoy@gmail.com](mailto:lynettehoy@gmail.com) or mail checks to:

Lynette Hoy, Anger Management Institute, 1200 Harger Road, Suite 602, Oak Brook, IL 60523