

Outline

The Truth About Anger

Costs of *Un*-mindful Anger

A New, Expansive Approach to Dealing with Anger and Trauma

Processing Anger: Why Anger In Must Become Anger Out

Benefits of Mindful Anger: How This Volatile Emotion Heals

Purposes of Anger

Emotional Mindfulness & Body Awareness Skills

Leverage the Power of Mindfulness

Use Emotional Mindfulness to Get in Touch with Our Inner World

Distinguish Sensations from Emotions

Transmute Anger into Emotional Wisdom

Overcome Common Obstacles to Mindfulness

The Anatomy of Anger

Predominant Anger Styles

Common Triggers to Anger

Passive Aggressive Behavior

The Impulse That Precedes the Emotion

Physical, Mental and Emotional Anger Cues

The Antidote to Impulsivity

Faulty Beliefs and Unrealistic Expectation

Strategies for Handling Anger and Trauma in the Therapeutic Setting

The Discomfort of Anger: Help Clients Stay in the Window of Tolerance

Monitor the Client's Physiology: Tracking the Body

Facilitate Affect Regulation

Mobilize Client Resources to Meet the Discomfort of Change

Stay within Your Own Window of Tolerance

Beneath Anger: Five Steps to Uncovering and Healing Childhood Wounds

How Trauma and Attachment-Related Issues Lead to Anger

Step 1: Access Anger through Breath Work

Step 2: Discover Old Wounds

Step 3: Mobilize Energy through Telling the "Story"

Step 4: Provide the Missing Experience

Step 5: Perform an Emotional Release

Mindful Anger Strategies to Improve Relationships and Self-Esteem

Develop Resilience through Self-Compassion and Gratitude

Replace Negativity Bias with Realistic Positivity

Objectives

1. Communicate how the application of mindfulness skills can create treatment breakthroughs for clients with any anger style.
2. Explore techniques of mindfulness and body awareness that help clients identify and effectively respond to physical, mental, and emotional cues to anger.
3. Evaluate the secret mechanism within the chain reaction of anger that provides the antidote to impulsivity.
4. Implement 5 steps to support clients in identifying and processing old traumatic wounds to improve clinical outcomes.
5. Determine the severe challenges of passive-aggressive behavior and utilize clinical tools for helping clients to eliminate this unhealthy pattern of coping with anger.
6. Utilize mindful anger strategies to assist clients in improving self-esteem and developing resilience.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

Don't Miss!
**LIVE VIDEO
WEBCAST**

MONDAY
February 24, 2020

REGISTER ONLINE
pesi.com/webcast/77624

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

**CE
credits
included!**

www.pesi.com/inhouse

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

Mindful Anger

THE ART OF TRANSFORMING A
DIFFICULT EMOTION INTO A
POWERFUL THERAPEUTIC TOOL

Featuring
Andrea Brandt, PhD, MFT
National Speaker and Author

Eugene, OR
Monday
February 24, 2020

Live Video Webcast
Monday
February 24, 2020

Portland, OR
Tuesday
February 25, 2020

PESI
www.pesi.com

A NON-PROFIT ORGANIZATION
CONNECTING KNOWLEDGE WITH
NEED SINCE 1979

Mindful Anger

THE ART OF TRANSFORMING A
DIFFICULT EMOTION INTO A
POWERFUL THERAPEUTIC TOOL

- A new, expansive approach to dealing with anger and trauma
- A 5-step program to help clients identify, process and release old wounds
- Assessments and exercises to deepen client self-awareness, accelerate growth, and strengthen relationships and self-esteem

Featuring
Andrea Brandt, PhD, MFT, National Speaker and Author

Eugene, OR
Monday, February 24, 2020

Live Video Webcast
Monday, February 24, 2020

Portland, OR
Tuesday, February 25, 2020

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Nicole Rate at nrate@pesi.com or call 715-855-5291.

REGISTER NOW: pesi.com/express/77122

REGISTER NOW: pesi.com/express/77122

Both of my parents repressed their anger. They were like two simmering volcanoes ready to blow at any moment. They treated each other, and me, with the kind of pervasive abuse that is harder to see than hitting. I too, eventually developed this unhealthy, passive-aggressive way of getting my feelings out.

By the time I got married, I was totally cut off from my feelings. I intellectualized my experiences. One day in group therapy, a man made a remark that triggered my repressed anger. I stood up, started screaming, and began swinging my purse around in the air. I had become the erupting volcano. I totally lost control.

After this event I felt noticeably lighter, freer. I sensed that there was value for me, and for others, in tapping into anger, getting it moving through us, and then releasing it.

I discovered that anger, it turned out, wasn't a bad thing. Rather, it was **the key** to emotional freedom!

When I first became a therapist, there was very little information about dealing with anger—either the client's or our own. Then, as strategies did begin to emerge—I found that they didn't really work. Frustrated and wanting more for my clients, I set out to discover what was missing. I wanted to know what more needed to be done to help people **truly** heal.

After years of trial and error working with thousands of clients, I finally found the answer. I call it Mindful Anger.

This **proven 5-step program** for processing and releasing anger is based on mindfulness and has delivered healing for client after client, with an amazing 80% success rate. I will walk you step by step through the cutting edge strategies and comprehensive transformational process that can bring life-changing wisdom to patients of all types – attachment wounds, abuse and trauma. Find out how to use anger as a key to unlocking your patients' past and present, moving them to greater self-awareness and emotional release, empowering them to make lasting change. Walk away with simple exercises, assessments and tools that you can use to engage your clients in the Mindful Anger process.

Hope to see you there!

Andrea Brandt, PhD

Speaker



Andrea Brandt, PhD, MFT, is a marriage and family therapist located in Santa Monica, California. Andrea brings over 35 years of clinical experience to the role of individual family therapist, couples counseling, group therapy and anger management classes.

Dr. Brandt is a recognized expert in treating a full range of emotional issues, including anger & aggression, anxiety & trauma, aging, relationships, work-life balance, workplace, and women's issues.

In her workshops, patient sessions and presentations, Dr. Brandt reveals positive paths to emotional health that teach you how to reinvent and empower yourself. She emphasizes the mind-body-heart connection as a key to mental, physical and

emotional wellness.

Upon pioneering a new approach to emotional healing, Dr. Brandt directed her attention to the study of anger management and conflict resolution. In her book 8 Keys to Eliminating Passive-Aggressiveness (W.W. Norton, 2013), Dr. Brandt examines strategies for overcoming a common yet debilitating response mechanism. In her second book, Mindful Anger: A Pathway to Emotional Freedom (W.W. Norton, 2014), Dr. Brandt explores methods to better understand and manage the powerful emotion of anger.

For more information, visit mindfulangerworkshop.com.

Speaker Disclosure:

Financial: Andrea Brandt maintains a private practice. She is an author for WW Norton and receives royalties. Dr. Brandt receives a speaking honorarium from PESI, Inc.

Non-financial: Andrea Brandt is a clinical member of the American Association of Marriage and Family Therapy (AAMFT); and of the California Association of Marriage and Family Therapy (CAMFT).

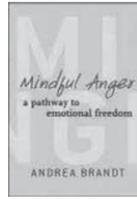
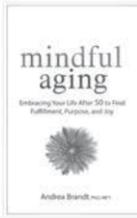
Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on February 24, 2020, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/77624

Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

Mindful Anger

THE ART OF TRANSFORMING A DIFFICULT EMOTION INTO A POWERFUL THERAPEUTIC TOOL



SAVE by including these products with your seminar registration!

Mindful Aging

Embracing Your Life After 50 to Find Fulfillment, Purpose, and Joy

By Andrea Brandt, PhD, MFT

The acclaimed *Mindful Aging* is full of exercises and tools to help you embrace a new mindset and blaze a new trail in your life fueled by passion, purpose, and creativity. Through research, inspiring stories of real people, and Dr. Brandt's psychological insight, you'll be able to claim the immense joy and love that are yours to have, the deep wisdom that is yours to share, and the exciting self-discoveries and contributions that are uniquely yours to make.

your presenter!

Mindful Anger

A Pathway to Emotional Freedom

By Andrea Brandt, PhD, MFT

This book urges readers to practice mindfulness—deliberately allowing physical sensations and emotions to surface so they can be examined and released. Whether for you or your clients, this book offers simple tools of mindfulness to strengthen your connection with your inner world and learn to explore your anger, paying heed to the important messages it is sending.

your presenter!



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Valuable Seminar For Professionals

Counselors • Social Workers • Psychologists • Marriage and Family Therapists • Addiction Counselors
Case Managers • Therapists • Nurses • Other Mental Health Professionals

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addition Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Oregon Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Washington Counselors: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Washington Marriage & Family Therapists: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

Live Seminar & Webcast Schedule

(Times listed in Pacific)

7:30 Check-in/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).

Actual lunch and break start times are at the discretion of the speaker.

A more detailed schedule is available upon request.

REGISTRATION FORM

MINDFUL ANGER: THE ART OF TRANSFORMING A DIFFICULT EMOTION INTO A POWERFUL THERAPEUTIC TOOL

SAVE TIME! Express Register Online: pesi.com/express/77122

1 Please complete entire form if sending by mail *please print legibly*



Mail Code: _____ See mail code box on reverse side above your name & address

*Email address _____
*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
*Required for event updates

2 Select Location (make copy for your records)

EUGENE, OR • February 24, 2020 (77122EUG)
Graduate Eugene • 66 East 6th Ave • 97401 • (541) 342-2000

LIVE VIDEO WEBCAST • February 24, 2020 (PLW77122)
Broadcast LIVE to your computer!

PORTLAND, OR • February 25, 2020 (77122PRT)
DoubleTree Hotel Portland
1000 NE Multnomah Street • 97232 • (503) 281-6111

3 Select Tuition

ON-SITE TUITION including seminar manual

\$219.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
 single registration postmarked 3 weeks prior to seminar date

\$249.99 standard

ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar

\$16.99* *Mindful Aging* book (PUB085125)

\$22.95* *Mindful Anger* (SAM083565)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

WEBCAST with downloadable seminar manual

\$219.99 registration (+ tax in HI & NM)

4 Select Payment Method

All registrations must be prepaid.

Check enclosed payable to PESI, Inc.

Purchase order enclosed (Fed ID # 26-3896894)

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)



PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. Limited seats available; advance online registration required.

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students for details.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775

Mail: PESI, Inc.

PO Box 1000

Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: pesi.com/express/77122

CAN'T ATTEND THE SEMINAR?

Mindful Anger: The Art of Transforming a Difficult Emotion into a Powerful Therapeutic Tool

— **Online Digital Seminar***
\$219.99 (POS048130) (Email required)

— **Seminar on DVD****
\$219.99 (RNV048130)

Product total _____

*Shipping - \$6.95 (DVD only) _____

Subtotal _____

**Tax _____

TOTAL _____

*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.

**For DVD orders, add applicable tax except in AK, DE, MT, NH, OR

CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.