

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

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.



**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 live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

**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](http://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.

**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](mailto:nrate@pesi.com) or call 715-855-5291.

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

**March 17 Live Webcast Schedule**  
*(Times listed in Mountain)*  
**8:00** Program begins  
**11:50-1:00** Lunch Break  
**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.

**April 22 Live Webcast Schedule**  
*(Times listed in Pacific)*  
**8:00** Program begins  
**11:50-1:00** Lunch Break  
**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.

LIVE VIDEO WEBCASTS

Tuesday, March 17, 2020  
or  
Wednesday, April 22, 2020

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Mindful Anger

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

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

Live Video Webcast  
Tuesday, March 17, 2020

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Live Video Webcast  
Wednesday, April 22, 2020

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Join us for this live, interactive webcast!

Mindful Anger

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- 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

Live Video Webcast  
Tuesday, March 17, 2020  
Live Video Webcast  
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Train your whole organization  
and SAVE!



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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](http://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).



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# Mindful Anger

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

## Live Video Webcast Details

**Join us on March 17 or April 22, 2020,  
for this live, interactive webcast!**

Invite your entire organization 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 and watch the slides all on your computer screen. Seminar materials are available for download.

One CE Certificate is included. Only \$49.99 per CE Certificate for each additional participant.

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• Watch and participate in the seminar in real time

• Your whole organization can attend for one low price, per location!



### WEBCAST CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live webcast only. Certificates 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 webcast schedule" 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 [cepesi@pesi.com](mailto:cepesi@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 professions standards.

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

**Addiction 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.

**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.

**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.

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**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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## HOW TO REGISTER

**1 Please complete entire form with participant (or registrant) information** (to notify you of seminar changes); *please print; staple duplicate forms.*

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**3 Check tuition:**

☐ **\$219.99** standard tuition  
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**4 Indicate method of payment:**

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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— **Online Digital Seminar\***  
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— **Seminar on DVD\*\***  
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