

TAMING THE FLAMES:

Helping Clients Recognize, Understand & Move Beyond Anger

Program Description

Despite the absence of a diagnostic category for anger disorders, anger is often problematic for many clients presenting with depression, grief, PTSD, ADHD or certain personality disorders. Left untreated, toxic anger is strongly associated with increased risk of coronary heart disease, high blood pressure, aggression and/or domestic violence, substance abuse, as well as conflictual interactions at home and at work.

This workshop will introduce clinicians to: the different faces of anger; the widespread impact of anger on one's overall functioning; and a variety of techniques to assist clients who are motivated to alter their anger expression patterns and to find greater peace within as well as in their interpersonal relationships with others.

Learning Objectives

Upon completion of this workshop, participants will be able to:

- **Explain** various expressions and functions of anger
- **Describe** the biopsychosocial effects of anger
- **Examine** how emotional regression fuels the anger response
- **Demonstrate** an understanding of various techniques for managing past & present anger
- **Discuss** how mindfulness, radical acceptance, and shame resilience aid in moving through and letting go of anger.

Target Audience

This workshop will be beneficial to all mental health practitioners who work with **adult clients** whose struggle with anger (in the present and/or about their past) serves as an obstacle to living more effective and balanced lives. This includes clinical social workers, psychologists, counselors, substance abuse professionals, psychiatric nurses, and case managers.

Contact Hours: Up to 6.0 hours

Program Agenda

8:30 AM	Registration
9:00 AM	Myths about Anger; Anger Expression Styles & the Function of Anger
10:30 AM	Break
10:45 AM	Biopsychosocial Effects of Toxic Anger; Emotional Regression
12:00 PM	Lunch
1:00 PM	Managing Anger in the Present & from the Past
3:00 PM	Break
3:15 PM	Mindfulness & Anger Management; Radical Acceptance & Shame Resilience
4:30 PM	Adjournment

Faculty

Kate Gotelli, LCSW, SEP is a psychotherapist, coach and owner of her solo psychotherapy practice, Mindful Awakening, PLLC, and her sex/intimacy/relationship coaching practice, Embodied

Awakening, LLC, both in Chapel Hill, NC. She is a Somatic Experiencing® Practitioner, a Certified EMDR Therapist, a Certified Daring Way™ Facilitator and Certified Sex Coach™ with over 25 years of clinical experience in behavioral healthcare services in a variety of settings. Kate specializes in psychotherapy with adults and her interests focus on trauma resolution, shame resilience and wholehearted living. She runs weekly Daring Way™ and Rising Strong™ groups based on the research of Brené Brown. She provides clinical case consultation as an NASW certified Clinical Supervisor and has prior affiliations with UNC School of Social Work (SSW) as an adjunct instructor, field instructor, and training consultant for the School of Social Work and Area Health Education Centers (AHEC) centers. She continues to provide professional trainings and workshops for clinicians on topics including trauma and resilience, developmental trauma, and anger management.