

TAMING THE FLAMES: Helping Client Recognize, Understand & Move Beyond Anger

Program Description:

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 program 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:

- 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: counselors, therapists, social workers, other allied health professionals

Contact Hours: 4.0 credit hours

Program Agenda: (with one 15-minute break or two 10-minute breaks; start time is negotiable)

8:45 AM	Registration or Sign In
9:00 AM – 11:00 AM	Defining Anger, Anger Styles & Its Functions Biopsychosocial Effects of Anger Managing Anger in the Present
11:00 – 11:15 AM	Break
11:15 AM – 1:15 PM	Anger as Emotional Regression Managing Anger from the Past Mindfulness & Anger Management Shame Resilience & Radical Acceptance

Faculty:

Kate Gotelli, LCSW, SEP is a psychotherapist and owner of her solo practice, Mindful Awakening, PLLC in Chapel Hill, NC. She is a Somatic Experiencing® Practitioner, a Certified EMDR Therapist, a Certified Daring Way™ Facilitator, a Clinical Sexologist 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, wholehearted living and embodied sex and relationships. She runs weekly Daring Way™ and Rising Strong™ groups based on the research of Brené Brown. She provides clinical supervision and 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 SSW and Area Health Education Centers (AHEC) centers.